

Washington State University Extension engages people, organizations and communities to advance economic well-being and quality of life by connecting them to the knowledge base of the university and by fostering inquiry learning, and the application of research.

**World Class.  
Face to Face.**

*Don McMoran*  
Director  
Agriculture & Natural Resources

*Diane Smith*  
Family Living Program Faculty

*Jennie Goforth*  
IFHL Coordinator  
360-428-4270 ext. 239

*Vivian Smallwood*  
Food Safety & Preservation Advisor

*Lizette Flores*  
Hispanic Outreach Coordinator

*Laura DeFreese*  
Diabetes Prevention Program Coordinator

WSU County Extension  
11768 Westar Lane,  
Suite A  
Burlington, WA 98233  
360-428-4270

<http://ext100.wsu.edu/skagit/>

IFHL is supported by



**Skagit County**

WASHINGTON STATE UNIVERSITY  
EXTENSION

**Ideas for Healthy Living**

Providing interactive learning experiences in Skagit County

NEWSLETTER

July / August 2016



Farmers Market Flash made a splash last month at the Sedro-Woolley, Bow Little, Mount Vernon, and Anacortes farmers markets. A total of **148 youth** and **202 adults** helped kickoff the first Farmers Market Flash **Market Day** at each farmers market.



Children used pastels to draw their favorite foods with the Museum of Northwest Art.



***“Do the Farmers Market Flash!”***

Farmers Market Flash offers a variety of family-friendly activities, including a farmers market scavenger hunt, prizes, art activities, children’s art walk, cooking demos, and so much more!

Farmers Market Flash is a USDA funded program to encourage customers who use SNAP/EBT to shop at their local Farmers Market.



SNAP, formerly known as food stamps, is welcome at Skagit Farmers Markets. Get **MORE** fruits and vegetables when you shop with your EBT card. Just go to the market booth with the green flag and ask about Double Up Bucks.



***“Do the Farmers Market Flash” this summer!***  
*Enjoy fresh and local food, live music, and Farmers Market Flash Activities, during the month of July and August.*

**Farmers Market Flash will be at your local farmers market:**

**Sedro-Woolley Farmers Market**

Wednesday, July 13th  
Wednesday, August 10th

**Mount Vernon Farmers Market**

Saturday, July 2nd  
Saturday, August 6th

**Bow Little Farmers Market**

Thursday, July 7th  
Thursday, August 11th

**Anacortes Farmers Market**

Saturday, July 9th  
Saturday, August 13th



**FOR MORE INFORMATION:**  
<http://www.svfmcoalition.org/>



## Stay Active in the Summer!

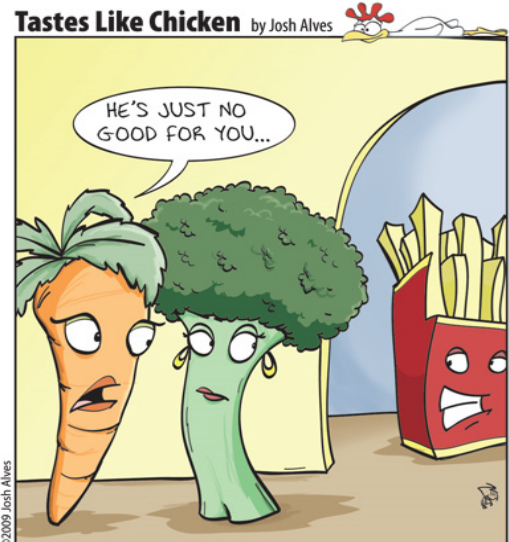
Although summer is a great time for families, it can sometimes be a challenge to keep kids (and ourselves) active and healthy. Children and young adults should do at least 60 minutes of aerobic, muscle and bone strengthening activity each day. The American Heart Association recommends that adults get at least 30 minutes of this type of activity a minimum of 5 days each week. Too often, we find ourselves inside a fan-cooled or air-conditioned home, watching television and enjoying unhealthy snacks full of sugar, fat, and sodium.

### Tips for families with kids

- ◆ Keep a selection of outdoor equipment available for physical games. Choose classics like croquet, ladder golf, slip 'n' slide, or volleyball; go big with a lawn version of twister or a giant tic tac toss board. Don't forget that night time can be great fun with activities like flashlight tag, or pick up a some solar- and battery-powered LED lighting for night-time badminton!
- ◆ Make bike repairs a priority—kids can't ride if their tire is flat. The whole family can learn basic repairs and maintenance using free online videos.
- ◆ Skip the movies and head to the beach. Save money and improve your health with physical outdoor activities that are fun for the whole family. Skagit County has many amazing lakes, rivers, creeks, parks, and campgrounds! Check out <http://www.visitskagitvalley.com/things-to-do/outdoor-recreation/>
- ◆ Make an activity jar. Spend an hour scouting around the internet for fun and easy kids activities. Make a list of needed supplies and organize them in one location. Write each activity on a slip of paper and put them in a jar. Encourage kids to choose or draw an activity from the jar in moments of boredom.

### Tips for adults

- ◆ Make a list of summer activities you want to do. Consider activities you haven't done in a while, or things you've always wanted to try. Don't let the season slip away without that special hike, or bike ride, or canoe trip.
- ◆ July and August are prime picnic and BBQ season. Try recipes which put a new, healthier spin on classics like potato salad. Read labels. Try new foods!!!
- ◆ Don't make food the main focus. Although getting together with family and friends is wonderful, try to include fun activities so that there are other things to do than just eat.
- ◆ This is prime produce season, so take advantage of it! Fruits and veggies are cheap and plentiful this time of year. If you have SNAP/EBT benefits, don't forget that our local farmer's markets offer the Double Up Bucks program (each EBT dollar spent on produce gets you \$2 worth).
- ◆ Find your summer walk. Skagit County is so beautiful-there are lovely walks in every neighborhood. Instead of watching television after supper, take a walk in the cool evening.





## Summer Sweets with Less Sugar

Federal guidelines suggest that most kids (and adults!) should limit their daily sugar intake to 40 grams, or 10 teaspoons. Although we think of the winter holiday season as the time of year when we consume a lot of sugar, it's possible that summer could be even worse.

Check out some of these common summer "treats":



Can of soda 40 g  
8 oz vanilla yogurt 28g  
Mini Blizzard 39-50g (large 115-158!)  
Jamba Juice 16oz smoothie 73 g  
Coffee Stand smoothie using DaVinci base, 16 oz 96g  
1 bag of Skittles 47g  
1 king sized Snickers 54g  
16oz Mocha Frappuccino 47g  
12 oz small Slurpee or Icee 48g  
16 oz Minutemaide Lemonade 54g  
Medium McDonalds' Chocolate Shake 111g

While it may be alright to indulge in a sugary treat on occasion, it's simple to see how easy it is to consume more than the daily limit in just one treat! With a little planning however, you can still enjoy sweet summer treats with less sugar.

- ◆ Keep Stevia in your pantry. Stevia is not a chemical sugar substitute, but made from a plant that you can grow in your backyard. Sold at most grocery stores, it is available in powder or liquid form.
- ◆ Make your own soda, lemonade, or fruit spritzers! Add 1 cup sparkling water to 1/4 c orange juice for a spritzer with about 5g sugar. Make your own lemonade using lemon juice and stevia.
- ◆ Make your own slushy or milkshake! Blend a few cups of ice along with your homemade lemonade and a handful of berries for a healthy treat. Or try a slushy maker—several companies make a frozen insulated cup that works great for kids. No electricity or batteries needed, easy for kids to make themselves.
- ◆ Homemade popsicles—water down the fruit juice and add fruit chunks for added nutrition and lower sugar content. Try a low calorie coconut milk paired with orange juice for a yummy creamsicle with less than half the usual sugar!
- ◆ Yogurt parfaits are a hit with kids and adults! Keep unsweetened yogurt, fruit, low sugar cereal or granola, nuts, and other healthy toppings on hand for a delicious summer snack. Kids love to make their own!
- ◆ Make smoothies at home. Nearly all purchased smoothies have added sugar or highly concentrated juice to sweeten an already sweet beverage. A homemade 12 oz smoothie made with a 1/2 c of frozen berries, 1/2 banana, and 4 oz of unsweetened almond milk contains just 12g of natural sugar.



## California Avocado Summer Wrap —Enrollados de Verano con Aguacate de California

Fresh avocado doubles as dressing and filling, complementing blueberries, carrots, arugula and chicken in this appetizing summer wrap. 15 minutes to prep, serves 4.

- 1 ripe avocado (seeded, peeled, and cut into chunks)
- 1/2 cup plain nonfat Greek yogurt
- 1 teaspoon lime juice
- 1/2 cup blueberries
- 1/2 cup carrots (grated)
- 1/4 cup red onion (chopped)
- 2 cups fresh arugula (chopped)
- 12 ounces cooked chicken breast (cubed)
- 4 - 8" whole wheat tortillas

Mash half the avocado chunks with yogurt and lime juice in a medium bowl. Add remaining filling ingredients, including the rest of the avocado chunks; mix gently. Top each tortilla with 1/4 of filling mixture. Roll tuck in ends. Slice in half diagonally, securing with toothpicks, if needed.



El aguacate fresco se duplica para adornar y rellenar, complementando a los arándanos azules, zanahorias, rúcula y pollo en este apetitoso enrollado de verano. 15 minutos de preparación, 4 porciones.



- 1 aguacate maduro (sin semilla, pelado, y cortado en trozos)
- 1/2 taza yogur griego simple y descremado
- 1 cucharadita jugo de limón verde
- 1/2 taza de arándanos azules
- 1/2 taza zanahoria (rallada)
- 1/4 taza cebolla morada (picada)
- 2 tazas rúcula fresca (picada)
- 12 onzas pechuga de pollo cocida (cortada en cubos)
- 4 tortillas integral de 8 pulgadas

Machaque la mitad de los trozos de aguacate con el yogur y el jugo de limón verde en un tazón mediano. Agregue el resto de los ingredientes del relleno, incluyendo el resto de los trozos de aguacate; mezcle con cuidado. Cubra cada tortilla con 1/4 de la mezcla del relleno. Enrolle doblando hacia adentro los extremos. Córtelos por la mitad en diagonal, asegúrelos con palillos si es necesario.



## Food Preservation Workshop Series

Classes may be taken individually or as a series.

No equipment necessary.

Vivian Smallwood, Master Food Preserver, will demonstrate techniques and explain the items needed to preserve foods in your home. Classes are on Tuesday evenings starting at 6 PM.

**July 26—Water Bath Canning (Jams, Jellies, Tomatoes etc)**

**August 2—Pressure Canning (Vegetables, Meat, more)**

**August 9—Fermentation (Sauerkraut and Pickles)**

**August 16—Drying and Freezing**

**\$10 for each workshop, or take 4 classes for \$30!**

Register online: <http://www.brownpapertickets.com/event/2564503>  
or by calling 360-428-4270

For a more complete program, these workshops may also be paired with an online offering "Preserve The Taste Of Summer," a series of eight online lessons for the in-home consumer who wants to learn about food preservation and food safety. Designed for beginning canners and also veteran canners who want to update their knowledge and skills, the lessons provide the most current USDA approved food preservation recommendations. The cost is \$25.00. This is an optional course and does not have to be taken in conjunction with the workshops. If you wish to register for the online series, you may do so here:

<http://preservesummer.cahnrs.wsu.edu>



WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension Office. Reasonable accommodations will be made for persons with disabilities and special needs who contact Valerie DeKok at 360-428-4270 or [vdekok@wsu.edu](mailto:vdekok@wsu.edu) at least two weeks prior a scheduled event.



## Summer Meal Program —Nourish Kids all Summer

Site	Location	Dates of Operation	Days of Operation	Hours of Operation
<b>La Casa de San Jose</b>	2401 Continental Place Mount Vernon 98273	6/20 - 8/26/2016	Monday-Friday	LUNCH 12:00- 12:30PM SNACK 1:30-1:45PM
<b>Raspberry Ridge Apts</b>	20340 Sanchez Lane Burlington 98233	6/20 - 8/26/2016	Monday-Friday	LUNCH 12:00- 12:30PM SNACK 1:30- 1:45PM
<b>St. Charles Catholic Church</b>	935 Peterson Road Burlington 98233	6/20 - 8/26-/016	Wednesday	DINNER 4:00- 6:00PM
<b>Central Elementary</b>	601 Talcott St Sedro-Woolley 98284	6/22 - 8/19/2016	Monday-Friday	LUNCH 11:45AM-12:45PM
<b>Cascade Middle School</b>	905 McGgarigle Road Sedro-Woolley 98284	6/13 - 8/12/2016	Monday-Friday	BREAKFAST 9:00- 9:30AM LUNCH 11:45AM-12:45PM
<b>Lyman Elementary School</b>	8183 Lyman Ave. Lyman 98263	6/22 - 8/19/2016	Monday-Friday	LUNCH 11:45AM-12:45PM
<b>Concrete High School</b>	7830 South Superior Ave Concrete 98273	7/11 - 8/10/2016	Monday– Wednesday	BREAKFAST 9:00-9:30AM LUNCH 12:30-1:00PM
<b>Lucille Umbarger Elementary</b>	820 S. Skagit Street Burlington 98233	7/5 - 8/19/2016	Monday-Friday	BREAKFAST 8:30- 9:00AM LUNCH 11:30AM-12:15PM
<b>West View Elementary</b>	515 West Victoria Ave Burlington 98233	7/5 - 8/19/2016	Monday-Friday	BREAKFAST 8:30-9:00AM LUNCH 11:30AM-12:15PM
<b>Burlington Terrace Apartments</b>	650 Peterson Pl Burlington 98233	6/20 - 8/26/2016	Monday-Friday	LUNCH 12:00-12:30PM SNACK 1:30-1:45PM
<b>Storvik Park</b>	1110 32nd Street, Anacortes 98221	Starts 6/27/2016	Monday-Friday	LUNCH 11:30AM—1PM
<b>Whitney School</b>	1200 M Ave, Anacortes 98221	Starts 6/27/2016	Monday-Friday	LUNCH 11:30AM-1PM
<b>Allen Elementary School</b>	17145 Cook Road Bow 98232	7/5 - 7/19/2016	Monday-Friday	BREAKFAST 8:30-9:00AM LUNCH 11:30AM-12:15PM
<b>LaVenture Middle School</b>	1200 N Laventure Road Mount Vernon 98273	6/20 - 8/26/2016	Monday-Friday	LUNCH 10:45AM-12:00PM
<b>NW Career &amp; Technical Academy</b>	2205 W Campus Place Mount Vernon 98273	6/23 - 7/13/2016	Monday-Friday	BREAKFAST 7:30-7:50AM LUNCH 11:25AM-12:30PM
<b>Skagit Valley College Cafeteria</b>	2405 E College Way Mount Vernon 98273	7/5 - 7/28/2016	Monday-Friday	BREAKFAST 8:30-9:00AM LUNCH 12:30-1:00PM



Summer meal sites are subject to change, but will be added to the online, interactive Food Access Point Map and updated regularly. Check out the site listings and other Skagit Countyood access points:

[tinyurl.com/skagitmap](http://tinyurl.com/skagitmap)



## Handling Food Safely on the Road

V-A-C-A-T-I-O-N! Oh, how we long for that eight letter word every summer, when millions of us eagerly get away from school and work. We take to the road in cars or recreational vehicles; live on boats; relax in beach or mountain vacation homes; and camp. No matter where we go or what we do, there is a common denominator that runs through all of our summer travels and relaxation — it's called F-O-O-D!

The "road" to food safety, however, can either be a bumpy one or smooth — depending on what precautions are taken handling meals as we travel during the summer.

Here are some general rules for keeping food safe when traveling.

### Plan Ahead...

If you are traveling with perishable food, place it in a cooler with ice or freezer packs. When carrying drinks, consider packing them in a separate cooler so the food cooler is not opened frequently. Have plenty of ice or frozen gel-packs on hand before starting to pack food. If you take perishable foods along (for example, meat, poultry, eggs, and salads) for eating on the road or to cook at your vacation spot, plan to keep everything on ice in your cooler.

### Pack Safely...

Pack perishable foods directly from the refrigerator or freezer into the cooler. Meat and poultry may be packed while it is still frozen; in that way it stays colder longer. Also, a full cooler will maintain its cold temperatures longer than one that is partially filled. Be sure to keep raw meat and poultry wrapped separately from cooked foods, or foods meant to be eaten raw such as fruits.

If the cooler is only partially filled, pack the remaining space with more ice. For long trips to the shore or the mountains, take along two coolers — one for the day's immediate food needs, such as lunch, drinks or snacks, and the other for perishable foods to be used later in the vacation. Limit the times the cooler is opened. Open and close the lid quickly.



WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension Office. Reasonable accommodations will be made for persons with disabilities and special needs who contact Valerie DeKok at 360-428-4270 or [vdekok@wsu.edu](mailto:vdekok@wsu.edu) at least two weeks prior a scheduled event.



## Maneje Adecuadamente los Alimentos Mientras Viaja en la Carretera

¡V-A-C-A-C-I-O-N! ¡Ha! que mucho esperamos para escuchar esa palabra de 8 letras cada verano, cuando millones de personas como nosotros ansiosamente viajan lejos de la escuela y del trabajo. Garamos la carretera, ya sea en carros o autos vacacionales, nos quedamos en botes, relajamos en la playa o en casas vacacionales en las montañas, y acampamos.

No importa para donde vayamos o lo que hagamos, siempre hay un denominador en común que va con nosotros en los viajes de verano y lugares de relajación son los ¡A-L-I-M-E-N-T-O-S!

Sin embargo, el camino hacia la alimentación segura puede tener muchos hoyos o puede ser torbulento o suave, dependiendo de las precauciones que se toman al manejar los alimentos mientras se viaja durante el verano.

### Planee con anticipación...

Si viajará con alimentos perecederos, colóquelos en una nevera portátil con hielo o con paquetes de gel congelados. Cuando lleve bebidas, considere empacarlas por separado en otra nevera portátil, para no abrir frecuentemente la nevera que lleva los alimentos. Tenga a la mano suficiente hielo o paquetes de gel congelados antes de empezar a empacar los alimentos. Planee mantener todo en hielo dentro de una nevera portátil si llevará consigo alimentos perecederos (por ejemplo, carnes, aves, huevos y ensaladas) para comer durante el camino o para cocinar en el lugar vacacional.

### Empaque adecuadamente...

Empaque los alimentos perecederos en la nevera portátil directamente desde el refrigerador o congelador. Las carnes y aves podrían ser empacadas mientras todavía están congeladas, de esta manera, se mantienen frías por más tiempo. Además, una nevera portátil llena mantendrá temperaturas frías por más tiempo que una parcialmente llena. Asegúrese de mantener carnes y aves crudas empacadas y separadas de los alimentos cocidos o de los alimentos que se comerán crudos (como las frutas).

Si la nevera portátil solo esta parcialmente llena, llene el resto del espacio con más hielo. Para viajes largos hacia la costa o hacia las montañas, lleve dos neveras portátiles con usted (uno para las necesidades de alimentos inmediatas durante el día, como almuerzos, bebidas o meriendas, y otra para alimentos que se usaran mas tarde en la vacación. Limite la cantidad de veces que abre la nevera portátil. Abra y cierre la tapa rápidamente.



*Los programas de extensión son disponibles a todos sin discriminación. Para pedir adaptaciones para personas con discapacidades contáctanos diez días en adelante.*