

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.

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Skagit County

WASHINGTON STATE UNIVERSITY
EXTENSION

Ideas for Healthy Living

Increasing Food Access and Health in Skagit County

NEWSLETTER

Fall 2018

SEPTEMBER IS HUNGER ACTION MONTH.

Every September food banks across the nation host events and awareness campaigns to fight hunger. September 13 is Fight Hunger Day where people are encouraged to wear orange and campaign with **#HungerActionMonth** or **#HungerHeroes**. According to Community Action of Skagit County, 20% of Skagit residents rely on food banks. The U.S. Department of Agriculture (USDA) defines food insecurity as a lack of consistent access to enough food for an active, healthy life.

There are many things YOU can do to make an impact:

- ♥ Host a Food and Fund Drive
- ♥ Volunteer to pack bags for your local weekend backpack program
- ♥ Participate in a Farm Glean and donate produce to the food bank
- ♥ Attend community events and your local farmers markets
- ♥ Write a letter to the editor about Hunger Action Month
- ♥ Raise funds to pay off school lunch debt
- ♥ Include a Hunger Action Month call to action in your email signature line





CHOW: Backpack Pilot Program in Second Year

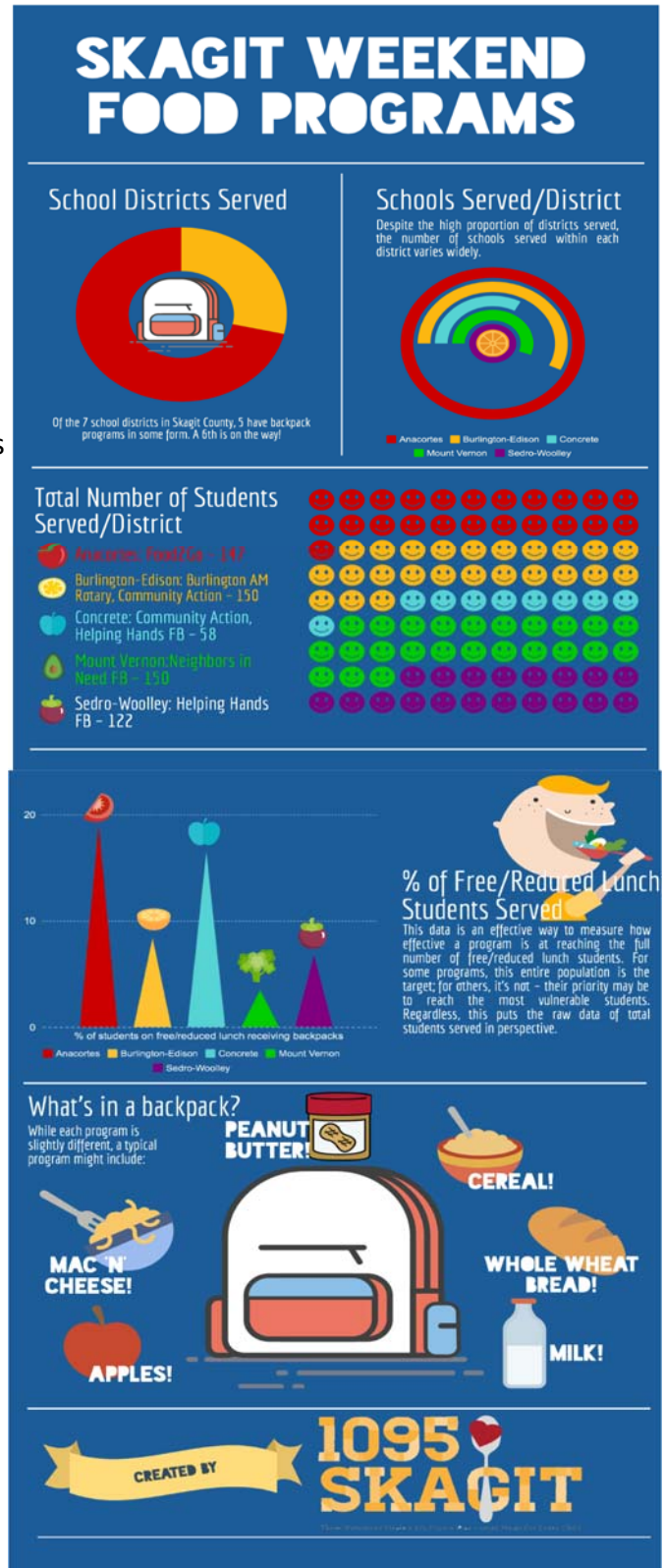
CHOW, which stands for Cutting Hunger on Weekends, is an innovative backpack food distribution program with the goal of increasing food access for low-income students over the weekend. Weekends are a vulnerable time for food-insecure kids who rely on national school breakfast and lunch programs.

Classic backpack programs send kids home from school with food packages on Fridays. The CHOW program is unique because food bags are delivered to students homes anonymously. This decreases any stigma felt by students being identified as “poor” by their peers.

CHOW received national attention this summer when Central Elementary teacher Liz Jenkins biked from Bar Harbor, Maine to Anacortes, Washington raising over \$4,000 and increasing awareness of child hunger along the way. Follow her story at beautifulxhaustionblog.wordpress.com.

The CHOW program is a partnership between the Helping Hands food bank, Skagit Publishing and United Way of Skagit County. This public/private partnership reaches over 170 school-aged students in Mount Vernon and 180 in Sedro-Woolley School District each week.

To volunteer packing bags or learn more, visit [website](#).





Taste Washington Day, an annual event to celebrate Washington grown foods will be held on Wednesday, October 3rd this year.

Sponsored by WSDA Farm to School, Washington School Nutrition Association (WSNA) and Office of Superintendent Public Instruction Child Nutrition (OSPI) this event features locally produced foods in the school lunch room!

WSU Extension will be featuring dairy in three Skagit area school districts. According to Talea Price, WSU Extension SNAP-Ed Coordinator "Skagit has a rich history of dairy farming. At the turn of the century there were as many as

900 dairies in the county. These farms were small family operations where every cow had a name and mixed ancestry.

The dairy industry began to change in the 40s and 50s as agriculture began to diversify. Today there are approximately 25 dairies in Skagit County maintaining the community's dairy farming roots."



3-Ingredient Peanut Butter Yogurt Dip

Prep time: 3 minutes

Celebrate Taste Washington Day at home with this protein-packed peanut butter yogurt dip. It is sweet, creamy, and comes together in a matter of minutes!

Ingredients:

- 1 cup yogurt
- 1/2 cup peanut butter or sunbutter
- 1 tablespoon honey or maple syrup

Directions:

Place all ingredients in a bowl, mix with a whisk or hand mixer until smooth.

Serve with fresh fruit, graham crackers or pretzels.

Store in the refrigerator for up to 5 days.

Try adding 1 teaspoon of cocoa powder or ground cinnamon for a yummy variation.



Source: Life Made Simple

Yogurt is a great source of calcium, which is needed to keep bones strong!



The 1095 Skagit Fun on the Farm Fundraiser was a wonderful day with glorious weather on Highland Farm West. Families were treated to entertainment by the Anacortes ukulele group, the FUN Strummers, a llama named Banjo, and tastings of recipes including a blackberry crumble made from berries picked from a 5th generation Skagit berry farm!

1095 Skagit raised over \$800 and the Flash of Silver was awarded to Karen Parnell for her compassion, commitment, and consistency in nourishing Skagit county youth. Chef Graham Kerr donated and signed 100 copies of his cookbook *Swiftly Seasoned* and was accompanied by jovial event MC, Jerry Shackette.

Many thanks to our partners: Ann Novak and Larry Hartford of Highland Farm West, Community Action of Skagit County, Helping Hands Food Bank, Friendship House, WSU Extension, and United Way of Skagit County!

1095 Skagit: Child Nutrition Coalition collaborates, coordinates, and communicates with families and community partners to ensure that every child in Skagit County eats three nutritious meals, 365 days a year. To learn more about the coalition or become a volunteer, visit: <https://extension.wsu.edu/skagit/fam/1095-skagit/>.



FARMERS MARKET

FLASH

ACTIVITIES TOURS FOOD DEMOS

By promoting the inclusive nature and unique accessibility of locally grown, fresh foods available at the Farmers Market, Farmers Market Flash strives to encourage EBT eligible seniors and families with children to purchase produce at farmers markets in order to improve both **social** and **nutritional** health in ways unmatched by other food vendors.

Anacortes Farmers Market Saturdays from 9-2 thru October 27

Bow Little Market Thursdays 1-6pm thru September 27

**Mount Vernon Farmers Market Saturday 9-2 thru October 13
and Wednesday 11-4pm thru September 26**

Sedro Woolley Farmers Market Wednesday 3-7pm thru October 17



Back to School Meal Prep Tips



With the summer coming to a close, schedules become full of school and extracurricular activities! Keep your family fueled by using these meal prep tips!

- ⇒ Go through cupboards, refrigerator and freezer to toss out anything which is **spoiled** or **expired**.
- ⇒ Portion out snacks for easy **grab and go**.
- ⇒ **Plan** and **shop** for three meals per week.
- ⇒ Use a **crockpot** to start a one-pot meal in the morning which is ready after a busy day.

⇒ **Rotate** a variety of each food group through your kitchen to maximize the **nutrients** your family consumes.

⇒ Combine foods from **3 groups** for a healthy snack and choose foods from **all groups** for a complete meal!

Crock Pot Sweet Potato Chili

This hearty one-pot meal can be put together in the morning and is ready once school gets out in the afternoon.

Ingredients:

- 28 ounce (796 ml) can diced tomatoes
- 23 ounce (680 ml) can tomato sauce
- 1 tsp chili powder
- 1 tablespoon ground cumin
- 2 teaspoons paprika
- 1 tablespoon brown sugar
- 1/2 teaspoon salt
- 2 large sweet potatoes, peeled and chopped into 1" pieces
- 1 medium onion, coarsely chopped
- 2 cloves garlic, minced
- 2- 15 ounce cans kidney beans, drained
- 1 cup corn, frozen and thawed
- 1 cup broth



Instructions:

Combine all ingredients in the base of your slow cooker and stir to mix well. Cook on low for 8 hours.

Source: USDA SNAP-Ed

This recipe is a great source of Vitamin A and protein!



- **Fruit**– apples, oranges, bananas, cubed melon
- **Vegetables**– salad greens, carrots, cucumbers, snap peas
- **Grains**– rice, whole wheat bread and crackers, pasta, corn chips and tortillas.
- **Protein**– chicken cubes, tofu, peanut butter, black beans,
- **Dairy**– cheese, yogurt



Skagit County Food Bank Listing

Town	Food Bank	Days and Hours
Alger	Alger Food Bank 18731 Parkview Lane (360) 724-5131	1st & 3rd Tuesdays, 10 am to 2 pm
Anacortes	Anacortes 100 Food Bank 512 4th Street (360) 293-6445	Tuesday & Friday 10 am - 2 pm
	Salvation Army Food Bank 3001 R Drive, #100 (360) 293-6682	Mon and Wed 1-3:45 pm
	St. Vincent DePaul Food Bank 4001 St. Mary's Drive (360)-293-9821	Fridays, 10am to 11 am
Burlington	Tri-Parish Food Bank 935 Peterson Road (360)-757-0128	Sept thru May, Saturday 12-3 pm June thru Aug, Wednesdays 2-6 pm
Clear Lake	Community Covenant Food Bank (360) 419-7061	Mondays, call for appt 360-419-7061
Concrete	Concrete Food Bank 45942 Main Street (360) 853-8505	Apr thru Sept: 2nd/4th Thur, 12-3 pm Oct thru Mar: 2nd/3rd/4th Th 12-3pm
Hamilton	Hamilton Community Food Bank 571 Petit St. (360)-826-4090	Tuesdays 11-12 & 1-3 pm
La Conner	La Conner Sunrise Food Bank 601 South 2nd (360)-466-3277	Mondays 2-3 pm
Lyman	Shepherd's Heart Care Center 8334 S Main Street (360)-422-3765	Thursdays 10:30 am – 1pm
Marblemount	Bread of Life Food Bank 59850 Hwy 20 (360) 873-2504	1st & 3rd Wednesdays, 11 am - 4 pm
Mount Vernon	Neighbors In Need 1615 South 2nd Street (360) 420-0558	Tuesdays 1pm – 6pm
Sedro-Woolley	Helping Hands Food Bank 9386 Fruitdale Rd (360)-856-2211	Wednesdays 10-11:45 am & 12:30-4 pm

This will be the last issue of the IFHL Newsletter.

We have truly enjoyed creating this publication, but believe that the information may be more accessible to our community members through social media sites such as Facebook.

Please join our group [Skagit Family Living](#) on Facebook to keep receiving information on programs, educational opportunities, recipes, tips, and more!

WSU extension programs and employment are available to all without discrimination. Evidence of noncompliance may be re-reported through your local WSU Extension Office. This material was funded in part by USDA's Supplemental Nutrition Assistance Program. S.N.A.P. provides nutrition assistance to people with low income; it can help you buy nutritious food for a better diet. To find out more, contact <http://foodhelp.wa.gov> or Basic Food Program at 1-877-501-2233. Reasonable accommodations will be made for persons with disabilities and special needs who contact Valerie DeKok at 360-428-4270 or vdekok@wsu.edu at least two weeks prior to the event.