



**Vision:** Our vision is that all children in Skagit County will be fully nourished so that they will grow and prosper.

**Mission:** Our mission is to collaborate, coordinate, and communicate with families and community partners to ensure that every child in Skagit County eats 3 nutritious meals 365 days a year.

## FUN AT THE FARM

August 4, 2018 was the first annual fundraiser hosted by Ann & Larry Novak on their farm, *Highland Farm West*.



Up to 100 attendees



Flash of Silver Award



Increased awareness in the community through social media and presentation to service groups (Kiwanis)



## FLASH OF SILVER AWARD

The Flash of Silver Award is a metaphor for how the wild Pacific salmon runs upstream to overcome obstacles. With a “flash of silver”, they leap over what would hinder other fresh water fish, an example to other salmon that will follow.

Since 2012 the award has been given annually to honor community members who play a significant role in helping fight child hunger in Skagit County.

Karen Parnell was honored with the Flash of Silver Award for her hard work and dedication over the past 30 years to ensure that all children are nourished.

## LIZ JENKINS MEET & GREET

Liz Jenkins rode 4,280 miles across America on her bicycle to increase awareness about childhood food insecurity and raise funds for the local CHOW backpack program.

On September 26th, community members gathered to meet with Liz and hear more about her journey.



## FUNDRAISING FOR THE COALITION

🍏 FUN AT THE FARM FUNDRAISER AUGUST 4, 2018

🍏 LIZ JENKINS MEET & GREET SEPTEMBER 26, 2018

Collectively, over **\$800** was raised in 2018.

## NEW COALITION COORDINATOR



WSU Skagit County Extension received a grant from United Way to support the position of a 1095 Skagit: Child Nutrition Coalition Coordinator for 1 year.

Shannon Bachtel has accepted the position as the coordinator and will work to offer organizational support throughout the year for continued success of the coalition.

# SUMMER MEALS LIST



The Summer Food Service Program (SFSP) ensures that low-income children continue to receive nutritious meals when school is not in session. The coalition works to identify gaps in Skagit based on the location of where summer meals are offered and if they are being accessed.

Every year since 2011, the 1095 Skagit: Child Nutrition Coalition publishes a list of sites participating in SFSP for community partners and stakeholders. In 2018, 16 sites offered summer meals in Skagit County.

The listing of summer meal sites is available in English and Spanish.

Summer Meal Sites Skagit County 2018

Site	Location	Dates of Operation	Days of Operation	Hours of Operation
<b>St. Charles Catholic Church/ Tri-Parish Food Bank</b>	935 Peterson Road Burlington, WA 98233	6/20-8/26-2018	Wednesday	Dinner 4:00-6:00PM
<b>Lucille Umbarger Elementary</b>	820 South Skagit Street Burlington, WA 98233	7/10-8/1/2018	Monday-Friday	Breakfast 8:30-9:00AM Lunch 11:30AM-12:15PM
<b>West View Elementary</b>	515 West Victoria Avenue Burlington, WA 98233	7/10-8/3/2018	Monday-Friday	Breakfast 8:30-9:00AM Lunch 11:30AM-12:15PM
<b>Allen Elementary School</b>	1745 Cook Road Bow, WA 98232	7/2-7/27/2018	Monday-Friday	Breakfast 8:30-9:00AM Lunch 11:30AM-12:15PM
<b>Burlington Boys and Girls Club</b>	1011 Greenleaf Avenue Burlington WA 98233	6/18-8/31/2018	Monday-Friday	Lunch 11:30am-12:30pm PM Snack 2:00-2:30pm
<b>Concrete High School</b>	7830 South Superior Ave. Concrete, WA 98273	7/9-8/2/2018	Monday-Wednesday	Breakfast 9:00-9:30AM Lunch 12:30-1:00PM
<b>Storvik Park</b>	1110 32nd Street Anacortes, WA 98221	6/18-9/4/2018 Excludes July 2-July 6	Monday-Friday	Lunch 12:30PM-1:15PM
<b>Anacortes Boys and Girls Club</b>	904 6th Street Anacortes, WA 98221	6/18-9/4/2018 Excludes July 2-July 6	Monday-Friday	Lunch 11:30-12:15pm PM Snack 3:00-3:30pm
<b>Little Mountain Elementary</b>	1534 S. LaVenture Road Mount Vernon, WA 98273	7/10-7/26/2018	Monday-Thursday	Breakfast 8:00-8:30AM Lunch 11:30-12:00 noon
<b>LaVenture Middle School</b>	1200 N LaVenture Road Mount Vernon, WA 98273	7/9-8/9/2018	Monday-Thursday	Breakfast 8:00-9:15AM Lunch 10:45AM-12:00PM
<b>NW Career &amp; Technical Academy</b>	2205 W Campus Place Mount Vernon, WA 98273	6/18-7/6/2018 Closed July 3 & 4	Monday-Thursday	Breakfast 7:30-7:50AM Lunch 11:00AM-12:30PM
<b>Skagit Valley College Cafeteria</b>	2405 E College Way Mount Vernon, WA 98273	7/9-8/9/2018	Monday-Thursday	Breakfast 8:00-9:15AM Lunch 11:30 AM-12:45PM
<b>Mount Vernon Boys and Girls Club</b>	1100 N LaVenture Road Mount Vernon, WA 98273	6/18-6/29/2018 and 8/10-8/31/2018	Monday-Friday	Lunch 12 noon-12:45pm
		7/9-8/9/2018	Monday-Friday	Morning Snack 9-9:30am
		6/18-8/31/2018	Monday-Friday	PM Snack 2:45-3:15 PM
<b>Central Elementary</b>	601 Talcott Street Sedro-Woolley, WA 98284	7/5-8/24/2018	Monday-Friday	Lunch 12:00 noon-1pm
<b>Cascade Middle School</b>	905 McFarlane Road Sedro-Woolley, WA 98284	7/5-8/24/2018	Monday-Friday	Breakfast 9:00-9:30AM, Lunch 12:00 noon-1pm
<b>Sedro-Woolley Boys and Girls Club</b>	915 McFarlane Road Sedro-Woolley, WA 98284	6/18-6/29/2018 and 8/27-8/31/2018	Monday-Friday	Lunch 12:00pm-12:45pm
		6/18-8/31/2018	Monday-Friday	PM Snack 3:00-3:30PM
		7/9-8/24/2018	Monday-Friday	Supper 5pm-5:45pm

Summer Meal sites list prepared by Child Nutrition Coalition: 1095 Skagit  
<https://extension.wsu.edu/skagit/fam/1095-skagit/>  
 5/30/2018

Extension programs and employment are available to all without discrimination. Evidence of non-compliance may be reported through your local Extension office.

Sitios de comida de verano en el condado de Skagit 2018

Lugar	Dirección	Fechas	Días	Horas
<b>St. Charles Catholic Church/ Tri-Parish Food Bank</b>	935 Peterson Road Burlington, WA 98233	6/20-8/26-2018	Miércoles	Cena 4:00-6:00PM
<b>Lucille Umbarger Elementary</b>	820 South Skagit Street Burlington, WA 98233	7/10-8/1/2018	Lunes-Viernes	Desayuno 8:30-9:00AM Almuerzo 11:30AM-12:15PM
<b>West View Elementary</b>	515 West Victoria Avenue Burlington, WA 98233	7/10-8/3/2018	Lunes-Viernes	Desayuno 8:30-9:00AM Almuerzo 11:30AM-12:15PM
<b>Allen Elementary School</b>	1745 Cook Road Bow, WA 98232	7/2-7/27/2018	Lunes-Viernes	Desayuno 8:30-9:00AM Almuerzo 11:30AM-12:15PM
<b>Burlington Boys and Girls Club</b>	1011 Greenleaf Avenue Burlington WA 98233	6/18-8/31/2018	Lunes-Viernes	Almuerzo 11:30am-12:30pm Bocadillo 2:00-2:30pm
<b>Concrete High School</b>	7830 South Superior Ave. Concrete, WA 98273	7/9-8/2/2018	Lunes-Miércoles	Desayuno 9:00-9:30AM, Lunch 12:30-1:00PM
<b>Storvik Park</b>	1110 32nd Street Anacortes, WA 98221	6/18-9/4/2018 Cerrado julio 2-6	Lunes-Viernes	Almuerzo 12:30AM-1:15PM
<b>Anacortes Boys and Girls Club</b>	904 6th Street Anacortes, WA 98221	6/18-9/4/2018 Cerrado julio 2-6	Lunes-Viernes	Almuerzo 11:30-12:15pm Bocadillo 3:00-3:30pm
<b>Little Mountain Elementary</b>	1514 S. LaVenture Road Mount Vernon, WA 98273	7/10-7/26/2018	Lunes-Jueves	Desayuno 8:00-8:30AM Almuerzo 11:30-12:00 noon
<b>LaVenture Middle School</b>	1200 N LaVenture Road Mount Vernon, WA 98273	7/9-8/9/2018	Lunes-Jueves	Desayuno 8:00-9:15AM Almuerzo 10:45AM-12:00PM
<b>NW Career &amp; Technical Academy</b>	2205 W Campus Place Mount Vernon, WA 98273	6/18-7/6/2018 Cerrado julio 3 y 4	Lunes-Jueves	Desayuno 7:30-7:50AM Almuerzo 11:00AM-12:30PM
<b>Skagit Valley College Cafeteria</b>	2405 E College Way Mount Vernon, WA 98273	7/9-8/9/2018	Lunes-Jueves	Desayuno 8:00-9:15AM Almuerzo 11:30 AM-12:45PM
<b>Mount Vernon Boys and Girls Club</b>	1100 N LaVenture Road Mount Vernon, WA 98273	6/18-6/29/2018 8/10-8/31/2018	Lunes-Viernes	Almuerzo 12 pm-12:45pm
		7/9-8/9/2018	Lunes-Viernes	Bocadillo 9-9:30am
		6/18-8/31/2018	Lunes-Viernes	Bocadillo 2:45-3:15 PM
<b>Central Elementary</b>	601 Talcott Street Sedro-Woolley, WA 98284	7/5-8/24/2018	Lunes-Viernes	Almuerzo 12:00 noon-1pm
<b>Cascade Middle School</b>	905 McFarlane Road Sedro-Woolley, WA 98284	7/5-8/24/2018	Lunes-Viernes	Desayuno 9:00-9:30AM, Almuerzo 12:00 noon-1pm
<b>Sedro-Woolley Boys and Girls Club</b>	915 McFarlane Road Sedro-Woolley, WA 98284	6/18-6/29/2018 y 8/27-8/31/2018	Lunes-Viernes	Almuerzo 12:00pm-12:45pm
		6/18-8/31/2018	Lunes-Viernes	Bocadillo 3:00-3:30PM
		7/9-8/24/2018	Lunes-Viernes	Cena 5pm-5:45pm

La lista de sitios de comida de verano fue preparado por Child Nutrition Coalition: 1095 Skagit  
<https://extension.wsu.edu/skagit/fam/1095-skagit/>  
 5/30/2018

Los programas de extensión de WSU y empleos están disponibles para todos sin discriminación. Las pruebas de incumplimiento pueden ser reportadas a través de su oficina de extensión local.

# CHOW FAMILY FOCUS GROUPS



Cutting Hunger on Weekends (CHOW) is a weekend food delivery program for families with children between the ages of 1 to 18. Each CHOW bag delivered means one child has approximately 5 meals (two breakfasts, two lunches & a snack) for the weekend.

Two focus groups were organized to better understand the needs of families receiving the weekend food bags. A total of 5 families participated in the focus group.

