



## Farm to Institution: Local Food on Every Tray

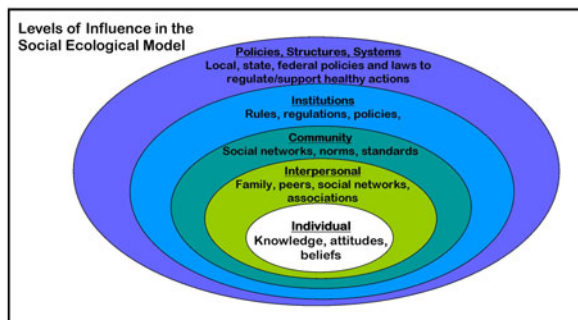
Skagit Healthy Communities



A community where residents enjoy good nutrition, have physically active lives and live in a healthy community.



## Policy and Environment Change



## Priority Recommendations

### Increase access to health promoting foods

- Farm to institution: Schools, hospitals
- Community gardens
- Farmers Markets
- Nutrition education

### Increase the number of healthy community environments

### Increase the number of physical activity opportunities available to children



## Influence school policy...

- State and National Nutrition and Physical Education, Activity and Wellness Policies (2005, 2006)
- Policy implementation
  - Nutrition and Physical Activity Advisory Committee
  - Food Service Advisory Committee
  - Healthy School Pilots
  - Budget



## Working with Schools: Highlights

### ▪ Healthy School Pilot

#### • Pilot healthy menus

- Lunch
- Breakfast

#### • Fruit and veggie bar

#### • Nutrition Education

- WSU Extension FoodSense Pilot



## Working with Schools: Highlights

### ▪ Healthy School Pilot

- School Garden
- Healthy Snack and Celebration Toolkit



## Working with Schools: Highlights

### ▪ Food Service

- Committees
- Fruit and veggie grants
- Equipment grants
- Commodities

### ▪ Budget



Sakuma Farms berries

### Working with Schools: Challenges

- Turnover
- Resistance to change
- Sustainability: external versus internal
- Economy



### Working with Hospitals: Highlights

- **Farmers Market**
  - Mount Vernon Farmers Market
- **Community Supported Agriculture**
  - Hedlin Farms

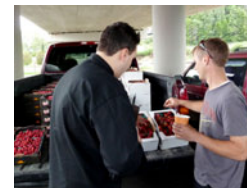


### Working with Hospitals: Highlights

- **Food Service**
  - Vendors with local and regional produce
  - Retool kitchen
  - Menu changes
  - Room Service



### Working with Hospitals: Challenges



- Connecting the dots
- Sustainability
- Economy

## Connecting the Dots

### ▪ Puget Sound Food Network



*...increase the production, distribution, and consumption of regionally produced food.*

## Connecting the Dots

### ▪ Skagit Wholesale Market

- Skagit Valley Food Network, Skagit Valley Co-Op, Puget Sound Food Network
- Local suppliers, buyers together



SKAGIT VALLEY HOSPITAL

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