



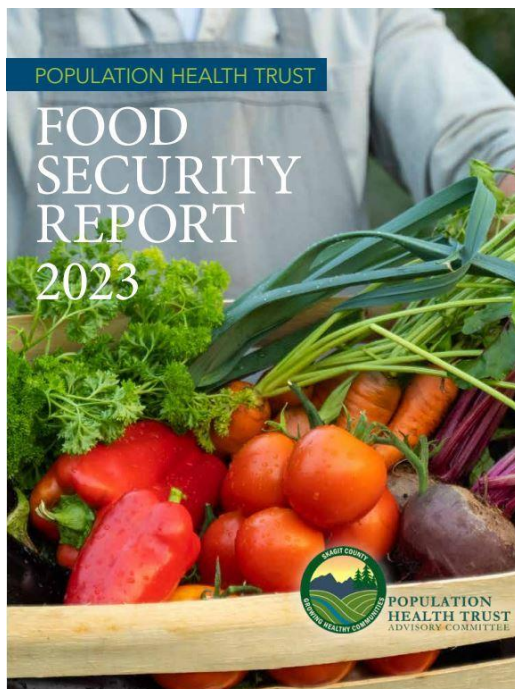
Population Health Trust November Newsletter

Community Advisory Board to the Skagit County Board of Health

November 27, 2023

It is hard to believe, but the holiday season is already upon us! For many, it is a time spent with family celebrating cherished traditions and enjoying lots of food.

As we reflect on all that we have to be grateful for, we may also be motivated to give our time or resources to help our community. Food pantries are often recipients of holiday donations as we recognize that food nourishes us physically, mentally, and socially. Unfortunately, 11% of Skagitonians do not have consistent access to food. The rate is higher among children (<18) at 16%. [1]



In response to the challenge of food insecurity in our community, a workgroup was formed to build a stronger, more resilient food system. Through their dedication and collaboration, the group developed a plan for improving local food access. [The full plan and data report can be found on the Population Health Trust website.](#)

The Board of Health has formally endorsed a resolution in support of their work. The next phase in the process is the formation of a Food Policy Council to implement the plan and continue working to build a stronger food system for all in Skagit County.

If you or someone you know is struggling to secure consistent access to nutritious food, there are many resources available in our community. Below are some useful links for navigating the programs and pantries available locally.

- [Supplemental Nutrition Assistance Program](#)
- [Local Food Banks](#)
- [Local Meal Programs](#)

Thank you for your partnership in keeping Skagit County healthy!



The Population Health Trust was founded in 2015 and is the Community Advisory Board to the Skagit County Board of Health. For more information, check out our [website](#).

Population Health Trust

Phone: (360) 416-1524

References:

1. USDA Economic Research Service (2022). Overview: Food Security in the U.S.
<https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/#:~:text=Food%20security%20means%20access%20by,for%20an%active%2C%20healthy%20life>