

VISIT

www.nourishtoflourishwa.org

TO SEE OUR ONLINE RESOURCE LISTINGS

◆ FRESH BUCKS

◆ FOOD ASSISTANCE

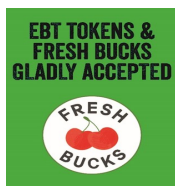
◆ GARDENING AND FOOD PRODUCTION

◆ BULK STAPLE SOURCES

◆ RECYCLED COOKING AND GARDENING EQUIPMENT

◆ SAN JUAN ISLAND FARMERS MARKET

◆ GENERAL RESOURCES



Nourish to Flourish

End Hunger on San Juan Island



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WHO is Nourish to Flourish?

A coalition of community volunteers representing the following organizations:

Friday Harbor Food Bank

Island Air

Joyce L. Sobel Family
Resource Center

One Canoe

Peace Health

San Juan County Health
and Community Services

San Juan Island Farmers
Market

San Juan Island Food Co-Op

San Juan Islands Food Hub

San Juan Island School
District

There are no administrative fees and every donation (through the Family Resource Center) is 100% for food purchases, resources, information and education.



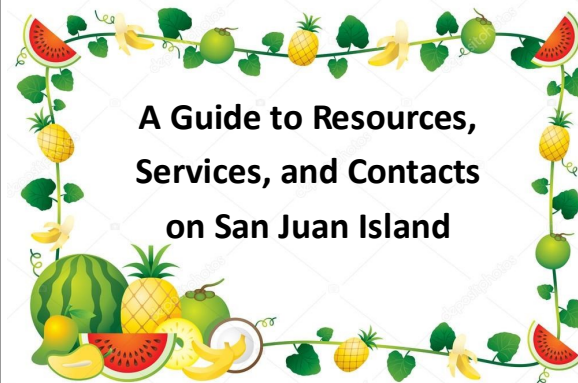
Nourish to Flourish

End Hunger on San Juan Island



Feeding our Community

with Healthy and Accessible Food
to Assist Families and Seniors



**A Guide to Resources,
Services, and Contacts
on San Juan Island**

	SERVICE	SERVICE INFORMATION	WHO QUALIFIES	CONTACT INFO
CHILDREN	36 Weekends	<i>Food for weekends delivered to school on Friday</i>	<i>Children eligible for free & reduced school meal program</i>	sji36weekends.org 360-378-5246
	Food for Thought	<i>Breakfast & lunch for school age children</i>	<i>Available to all children</i>	360-378-4133
	Summer Nutrition Program	<i>Provides weekday box of breakfast & lunch food for children over the summer</i>	<i>Children eligible for free & reduced school meal program</i>	360-378-4640
WOMEN	WIC	<i>A nutrition program to help access healthy foods and other support services for young families.</i>	<i>Pregnant, breastfeeding women, infants, children < age 5</i>	360-378-4 744
	Farmers Market Nutrition Program/Soroptibucks	<i>Provides FMNP checks and matching coupons for healthy food at the Farmers Market</i>	<i>Senior women, and women and children enrolled in the WIC program</i>	360-378-4 744
SENIORS	Meals on Wheels	<i>A Meals on Wheels and More Program delivered M-W-F</i>	<i>Homebound seniors age 60+ by donation</i>	360-370-7526
	Community Meals	<i>Meals M,W,F at Mullis Center - a Meals on Wheels and More Program</i>	<i>Seniors age 60+ by donation (suggested \$5) all others \$7</i>	360-370-7526
ALL AGES	Island Grown Food Access Program	<i>\$150 debit card to purchase eligible food at Farm Stands, SJI Food Hub, and Farmers Market</i>	<i>Anyone who is at or below 200% of Federal Poverty</i>	360-378-4474
	Farmers Market	<i>Accepts Market Match (\$40 EBT match for produce), Fresh Bucks (\$20 match for EBT eligible foods), FMNP and Soroptibucks</i>	<i>Open to the public; EBT or Fresh Bucks cardholders eligible</i>	sjiifarmersmarket.com 360-524-3907
	Food Bank	<i>Hours: Wed -11:30-2pm, Thurs - 12-2pm for online pick-up. Sat- 11:30-2pm</i>	<i>Open to the public</i>	fridayharborfoodbank.weebly.com 360-378-4640
	Food Co-Op	<i>Local, regional, organic and sustainable food sources, accepts Fresh Bucks</i>	<i>Open to the public</i>	sanjuancoop.org 360-370-5170
	San Juan Islands Food Hub	<i>Online marketplace of locally grown/ produced food, accepts Fresh Bucks & Veggie Rx</i>	<i>Open to the public</i>	sjiifh.com
	Fresh Bucks	<i>Up to \$20 off fresh produce at the Food Coop, Food Hub, or Farmers Market</i>	<i>Anyone who is at or below 200% of Federal Poverty</i>	nourishtoflourishwa.org 360-378-5246
	Nourish to Flourish	<i>Coalition to end hunger on San Juan Island</i>	<i>Anyone who is at or below 200% of Federal Poverty</i>	nourishtoflourishwa.org 360-378-5246
	One Canoe	<i>Veggie RX program providing coupons to buy fresh fruits and vegetables</i>	<i>People with chronic health conditions who are low income</i>	oneisland.org