



Population Health Trust November Newsletter

Community Advisory Board to the Skagit County Board of Health

November 2025

While the holiday season is often a time of abundance, right now, for many in our community food security isn't guaranteed. At the Trust, we have been focused on the issue since our [COVID Recovery Plan](#). We know that consistent access to nutritious food is essential to wellbeing.

Currently, our foundational food programs, SNAP (or the Supplemental Nutrition Assistance Program) and WIC (Women, Infants, and Children) are in jeopardy. Even without the threat of government shutdowns, many in our community struggle daily to secure their most basic needs.

- *More than **15,000** Skagit County residents receive SNAP.*
- ***9%** of households receiving benefits have children <18.*
- *An additional **4,000** community members are at increased risk of food security if the WIC program goes unfunded.*

If you know someone who could use extra food support, there are resources available to help. Community Action of Skagit County has consolidated all the area food-related resources onto one page. From food pantries to free meals, it can all be found on their [website](#).

Additionally, if you know families with kids under 5, they may be eligible for [WIC benefits](#). While the status of WIC is also precarious right now, it is funded through the first week of December.

If you, your neighbors, or colleagues are looking for a way to help, consider supporting a local food pantry or the [Skagit Food Distribution Center](#). While dropping off a few cans at a food drive may feel good, food banks can do even more to support our community when you give money instead of food.



Cash donations allow food banks to:

- Buy exactly what's needed- things like fresh produce or culturally familiar foods.
- Stretch your dollar further by buying food in bulk at discounted rates.
- Cover costs like fuel and refrigeration, necessary to ensure our smallest and most remote pantries are stocked.

The need for safe, stable, and nutritious food is a foundational health need. So, let's all do what we can to ensure that our community knows where they can access food, and if possible, support our local Distribution Center in maintaining sufficient supplies on food pantry shelves.

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](#)

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