



Food Security in Island County

What is Food Security?

Food security means access by all people at all times to enough food for an active healthy lifestyle. Food security is described as having 4 pillars:

Availability

Is there enough food?

Access

Can everyone obtain safe and nutritious food?

Utilization

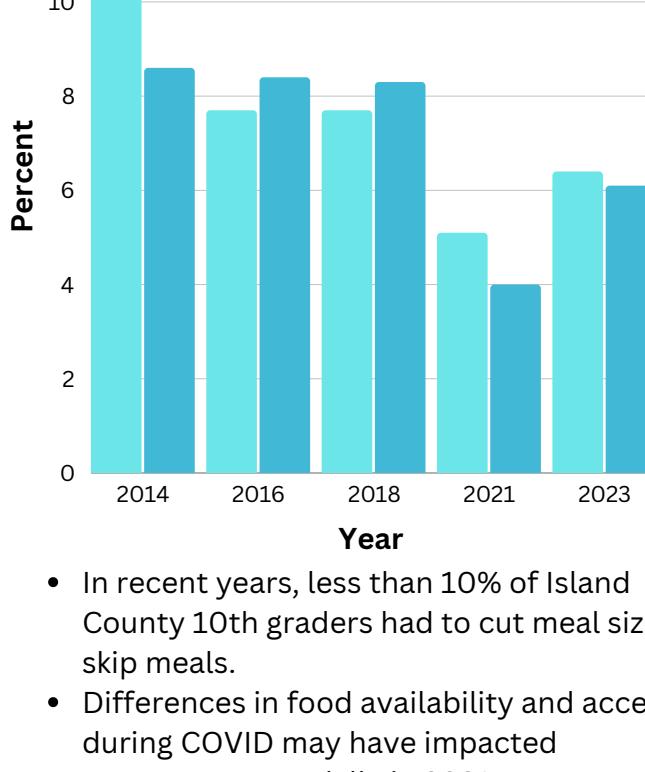
Does food meet the body's needs?

Stability

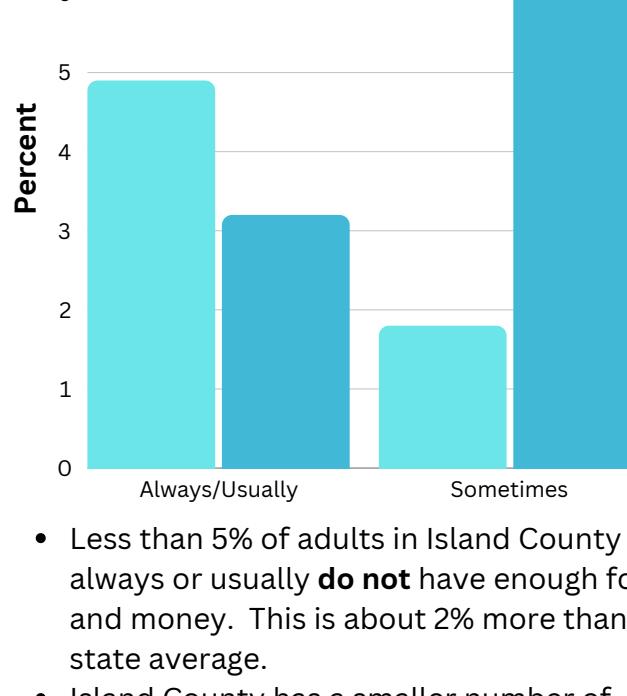
Is the food system resilient?

Most Island County residents have enough food

Percent of 10th graders who cut meal size or skip meals because there is not enough money for food. (Healthy Youth Survey)



Estimated percent of adults in 2022 who **DID NOT** have enough food and not enough money to buy more. (BRFSS)



- In recent years, less than 10% of Island County 10th graders had to cut meal size or skip meals.
- Differences in food availability and access during COVID may have impacted responses, especially in 2021.

- Less than 5% of adults in Island County always or usually **do not** have enough food and money. This is about 2% more than the state average.
- Island County has a smaller number of adults with intermittent food insecurity compared to the state average.

Programs are improving food security in Island County

SNAP (Supplemental Nutritional Access Program)

SNAP (also called Basic Food) is a federally funded program that provides food benefits to low-income families to supplement their grocery budget.

6.4%
Island County households that receive SNAP benefits

48.8%
Island County households receiving SNAP with children <18 years

American Community Survey 5-Year Estimates, 2022

National School Lunch Program

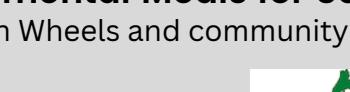
The National School Lunch Program provides low-income families with free and reduced school meals.

- About 25% to 40% of students in each district qualified for this program over the past six academic years. (WA OSPI)
- Eligibility requirements expanded during the COVID pandemic, especially during 2020-21, which impacts trends.



Women, Infants, and Children (WIC)

The Island County Women, Infants, and Children (WIC) program provides nutritious food, breastfeeding support, health screenings and additional services at no cost to qualifying Island County families.



1988
Number of clients served in 2022

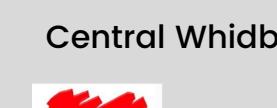
\$6,552
Dollars provided for local farmers markets

Additional Food Resources

Click on the icons to learn more about organizations that serve Island County residents.

Supplemental Meals for Seniors

Meals on Wheels and community meals are provided at low-cost or no cost for seniors.



Food Banks

North Whidbey

North Whidbey Help House

Central Whidbey

Gifts from the Heart Food Bank

South Whidbey

Good Cheer Food Bank & Thrift Stores

Camano Island

Camano Island FOOD BANK