

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
February 25, 2015
8:00 a.m. to 9:25 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) January 28, 2015 Board Meeting	Action	8:01	1-5
C. Executive Committee Report	Information	8:04	---
D. 2015 Committee Assignments	Information	8:07	6
E. Finance Committee Report			
a) Review financial statements and cash activity	Information	8:12	7-10
b) Authorization for payment of vouchers and payroll	Action	8:15	11
c) Verdant Community Wellness Center update	Information	8:16	12
d) 2015 M&O Levy update	Information	8:18	13-16
F. Program Committee Report & Recommendations			
a) Nutrition Assessment Presentation from Edmonds School District	Information	8:20	17
b) Verdant Community Wellness Center activities update	Information	8:40	18-19
G. Marketing Report	Information	8:50	20
H. Commissioner Comments	Information	8:55	---
I. Superintendent's Report	Information	9:00	---
J. Public Comments (please limit to three minutes per speaker)	---	9:05	---
K. Executive Session	---	9:10	---
a) Review Superintendent's performance			
b) To consider the legal risks of a proposed action of the district			
L. Open Session	---	9:20	---
M. Adjournment	---	9:25	---

PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
VERDANT HEALTH COMMISSION

BOARD OF COMMISSIONERS

Regular Meeting

Verdant Community Wellness Center

February 25, 2015

Commissioners Present	Fred Langer, President (via telephone) J. Bruce Williams, M.D., Commissioner Deana Knutsen, Secretary Bob Knowles, Commissioner Karianna Wilson, Commissioner
Others Present	Carl Zapora, Superintendent George Kosovich, Program Director Jennifer Piplic, Marketing Director Beth Rodriguez, Interim Marketing Director Sue Waldin, Community Wellness Program Manager Karen Goto, Executive Assistant Members of the community
Staff Excused	Lisa King, Finance Director
Guests	Barbara Lloyd, Edmonds School District (ESD) Food Service Director Stewart Myhre, ESD Executive Director-Finance & Operations Barbara Pyper, ESD Consultant
Call to Order	The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 7:58 a.m. by Secretary Knutsen due to President Langer's participation via telephone.
Approval of Minutes	<i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the regular meeting on January 28, 2015.
Executive Committee	Commissioner Knutsen reported that the Executive Committee met on February 20, 2015 to review and approve the February 25, 2015 board meeting agenda. No other action was taken.

2015
Committee
Assignments

President Langer announced the 2015 committee assignments (E:07:15). The Medical Advisory Committee is new for 2015 and will be chaired by Commissioner Williams with Commissioner Knowles as a member. The board will review a description of the new medical advisory committee in March 2015.

Board Finance
Committee

The committee met on February 23, 2015. Superintendent Zapora reviewed the financial statements and cash activity for January 2015 (E:08:15).

Authorization for
Payment of
Vouchers &
Payroll

Warrant Numbers 10969 through 11012 for January 2015 for payment in the amount of \$203,960.44 were presented for approval (E:09:15). *Motion was made, seconded and passed unanimously to approve.*

Verdant
Community
Wellness Center
Update

Superintendent Zapora presented the Capital Project Budget (E:10:15).

2015 M&O Levy
Update

Superintendent Zapora explained that there was an administrative error on the signing of Resolution 2014-07 in October 2014 (E:11:15).

Program
Oversight
Committee
Update

The Program Oversight Committee did not meet in February 2015. There are two new proposals that will be reviewed at the March 2015 committee meeting with the new members (E:12:15).

Nutrition
Assessment
Presentation

The Edmonds School District thanked the Commissioners for the grant funding and consultant Barbara Pyper presented the findings of the nutrition assessment (E:13:15).

Verdant
Community
Wellness Center
Activities

Ms. Waldin presented the programming summary and a list of upcoming programs in the Verdant Community Wellness Center (VCWC) (E:14:15).

Marketing
Report

Commissioner Knutsen welcomed Ms. Piplic back from leave.
Ms. Rodriguez presented the Marketing report (E:15:15) which includes a report on recent media relations, website updates and upcoming events.

Commissioner
Comments

Commissioner Knutsen thanked Ms. Piplic & Ms. Rodriguez for the marketing efforts and also thanked Ms. Waldin for the impressive list of programming in the VCWC.

Superintendent's
Report

Superintendent Zapora thanked Commissioner Knutsen for chairing this meeting and for taking the time to meet with all PHD2 legislators in 2014.

He welcomed back Ms. Piplic and thanked Ms. Rodriguez for the smooth transition of marketing work during an exceptionally busy time for the staff. He also thanked Ms. Waldin for the robust programming in the VCWC and thanked the commissioners for stepping up to lead as officers and committee members.

Public
Comments

Ms. Rowena Miller of the League of Women Voters commented on the new wellness center building and thanked the commissioners for the acoustics to make hearing the meetings much easier. She also wondered if the board retreat would be held in the new space.

Mr. Al Rutledge commented that he heard the Snohomish County Health Board was going to be taken over by Verdant (which Superintendent Zapora informed him is not true); and that if Verdant is going to give additional funding to the Edmonds School District, it should first address what he identified as their administrative problems.

Executive
Session

Commissioner Knutsen recessed the regular meeting at 8:48 a.m. into Executive Session to consider the legal risks of a proposed action of the district and to review the Superintendent's performance.

Commissioner Knutsen stated that the board would reconvene in 10 minutes and no action would be taken in Executive Session.


Open Session

The board reconvened into Open Session at 9:00 a.m.

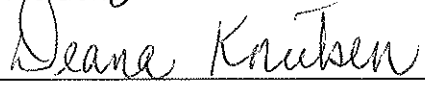
Adjourn

There being no further business to discuss, the meeting was adjourned at 9:00 a.m.

ATTEST BY:



President



Secretary

E: 07:15
2, 25, 15

Verdant Health Commission
2015 Proposed Committee Membership
February 25, 2015

<u>Officer / Committee</u>	<u>2014</u>	<u>2015</u>
President	Bob Knowles	Fred Langer
Secretary	Bruce Williams	Deana Knutsen
Executive Committee	Bob Knowles (Chair) Bruce Williams	Fred Langer (Chair) Deana Knutsen
Finance Committee	Deana Knutsen (Chair) Fred Langer	Bob Knowles (Chair) Deana Knutsen
Program Committee	Karianna Wilson (Chair) Fred Langer	Karianna Wilson (Chair) Bruce Williams
Strategic Collaboration Committee	Bob Knowles (Chair) Deana Knutsen	Fred Langer (Co-Chair)* Deana Knutsen
Medical Advisory Committee	(did not exist in 2014)	Bruce Williams (Chair) Bob Knowles (new committee to be considered by board in March)

* Co-chaired by one Verdant representative and one Swedish representative (Jennifer Graves).

Balance Sheet
As of January 31, 2015

	A	B	C	D
	Dec 31, 2014	Jan 31, 2015	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	2,840,919	1,462,473	(1,378,446)	
4 Other Current Assets	31,899,599	32,263,870	364,271	Includes Investments
5 Total Current Assets	34,740,518	33,726,343	(1,014,175)	
6 Total Long-term & Fixed Assets	47,550,132	47,426,922	(123,210)	Depreciation
7 TOTAL ASSETS	82,290,650	81,153,265	(1,137,385)	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	2,581,824	1,610,880	(970,944)	
11 Long-term Liabilities	4,857,008	4,851,839	(5,169)	2012 LTGO Bonds
12 Total Liabilities	7,438,832	6,462,719	(976,114)	
13 Total Equity	74,851,818	74,690,546	(161,271)	Annual Net Income
14 TOTAL LIABILITIES & EQUITY	82,290,650	81,153,265	(1,137,385)	

Profit & Loss
January 2015

	A	B	C	D	E	F
	January Actual	January Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	812,183	805,963	6,219	812,183	805,963	6,219
3 EXPENSES						
4 Operating Expenses	156,747	172,993	16,246	156,747	172,993	16,246
5 Depreciation Expense	230,451	241,378	10,927	230,451	241,378	10,927
6 Program Expenses	971,606	1,099,913	128,307	971,606	1,099,913	128,307
7 Total Expenses	1,358,804	1,514,284	155,480	1,358,804	1,514,284	155,480
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	385,350	212,096	173,254	385,350	212,096	173,254
10 NET INCOME	(161,272)	(496,225)	334,953	(161,272)	(496,225)	334,953

Monthly Highlights
January 2015

Verdant received dividends payments of \$38,521 and an unrealized gain of \$164,775 on our investment portfolio in January. The District portfolio closed with an ending market value of \$31,540,519.

Annual program commitments total \$5,896,445 and \$4,414,014 for 2015 and 2016, respectively. \$1,203,555 remains available to spend in 2015, of which \$282,150 is earmarked as Superintendent Discretionary.

Additional income of \$108,060 and expenses of \$38,060 from the Kruger Clinic were incurred, netting to an additional operating income of \$70,000 in January.

Figures are preliminary and may change due to year end adjustments.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
10969	01/01/2015	Lynnwood PFD	3,045.00	Jan 2015 Rent
10977	01/07/2015	Consolidated Landscape Maintenance, Inc.	128.12	Jan 2015 Landscaping
10978	01/07/2015	WA Health Alliance	650.00	2015 Member Dues
10979	01/07/2015	Ash Consulting	866.25	December 2014 Accounting Consulting
10980	01/07/2015	City of Lynnwood - Utilities	451.82	Water/Sewer/Storm
10981	01/07/2015	Falkin Associates, Inc.	2,730.00	Project Management Nov 2014
10982	01/07/2015	Benefit Solutions Inc	17.25	FSA Administration
10983	01/07/2015	Art Sign	339.45	No Parking sign for Value Village
10984	01/07/2015	Comcast	359.95	Internet
10986	01/08/2015	UNITED WAY	656.95	EE Donations
10987	01/14/2015	Healthcare Realty	7,437.32	Property Management Kruger Clinic
10985	01/09/2015	Seattle Coffee Gear	1,259.25	Plumbed in coffee station with 4 airpots
10988	01/14/2015	MJ Takisaki, Inc.	135,734.01	Construction of VCWC December
10989	01/14/2015	Guardian Security Systems	186.33	AES Radio Monitoring 1/6/15-3/31/15
10990	01/14/2015	Lile International Companies	225.00	December 2014 Storage
10991	01/14/2015	Lowe Graham Jones PLLC	29.00	Legal Trademark
10992	01/14/2015	WA Department of Revenue	20,930.14	Q4 2014 Leasehold Excise tax return
10993	01/14/2015	Swedish	1,156.15	6WHY Biometrics
10996	01/28/2015	Lynnwood PFD	75.00	January 2015 Janitorial Services
10997	01/28/2015	Staples	232.53	Storage boxes, labels, creamer, batteries, clicker
10995	01/22/2015	SCCFOA	40.00	KG & LK attend Public Records Luncheon Training
10998	01/28/2015	Archbright	1,819.95	KG Webinar on Safety
10999	01/28/2015	Comcast	819.49	Internet & Phones
11000	01/28/2015	Consolidated Landscape Maintenance, Inc.	128.12	Feb 2015 Landscaping
11001	01/28/2015	Premiera Blue Cross	3,782.54	EE Medical & Dental Insurance
11002	01/28/2015	Principal Financial Group	904.69	EE Life Insurance
11003	01/28/2015	Waste Management	437.30	VCWC Garbage/Recycling
11004	01/28/2015	Principal Financial Group	301.16	FICA Tax for Disability Leave
11005	01/28/2015	Wells Fargo	1,251.76	Misc
11006	01/30/2015	Awards Service Inc	30.66	Name tag for Nancy Budd and Name Plates for Beth Rodriguez
11007	01/30/2015	Jason Becker Creative	2,210.50	Grand open flyer design, programming brochure design
11008	01/30/2015	Wells Fargo	3,957.33	Misc
11009	01/30/2015	Ankrom Moisan	8,395.84	Architectural Services December 2014
11010	01/30/2015	Electronic Business Machines	164.25	Move Copy Machine to VCWC
11011	01/30/2015	Puget Sound Energy	78.33	Natural Gas
11012	01/30/2015	AWPHD	3,129.00	2015 Annual Membership Dues
Total Warrants			203,960.44	

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	1/9/2015	Payroll	13,051.47	ACH payroll transfer
	1/9/2015	Paychex	105.44	Fee for payroll processing
	1/9/2015	Department of Treasury	5,725.72	Payroll taxes for 1/3/15 pay period ending
	1/9/2015	Valic	2,281.94	Payroll 401(a)/457 Deposit
	1/23/2015	Payroll	15,844.54	ACH payroll transfer
	1/23/2015	Paychex	95.89	Fee for payroll processing
	1/23/2015	Department of Treasury	6,159.36	Payroll taxes for 1/17/15 pay period ending
	1/23/2015	Valic	2,413.27	Payroll 401(a)/457 Deposit
	1/15/2015	Bank of America - Fees	18.94	Bank Service Fee
	1/15/2015	Alzheimer's Association Western & Central	7,209.17	Program Payment
	1/15/2015	American Diabetes Association	4,166.67	Program Payment
	1/15/2015	American Red Cross	2,500.00	Program Payment
	1/15/2015	Boys & Girls Club of Snohomish County	12,833.33	Program Payment
	1/15/2015	CampFire	4,166.67	Program Payment
	1/15/2015	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	1/15/2015	Center for Human Services	13,523.67	Program Payment
	1/15/2015	ChildStrive	23,113.25	Program Payment
	1/15/2015	City of Lynnwood	9,021.58	Program Payment
	1/15/2015	Community Health Center of Snohomish Co	11,009.63	Program Payment
	1/15/2015	Cornerstone Medical Services Foundation	5,000.00	Program Payment
	1/15/2015	Domestic Violence Services Snohomish Co	1,621.08	Program Payment
	1/15/2015	Edmonds Community College	10,990.58	Program Payment
	1/15/2015	Edmonds Community College Foundation	4,396.33	Program Payment
	1/15/2015	Edmonds School District No. 15	691,892.84	Program Payment
	1/15/2015	Edmonds Senior Center	9,166.67	Program Payment
	1/15/2015	Kinderling	7,500.00	Program Payment
	1/15/2015	Medical Teams International	4,000.00	Program Payment
	1/15/2015	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	1/15/2015	Program for Early Parent Support	2,987.50	Program Payment
	1/15/2015	Providence Hospice & Home Care Foundation	12,916.67	Program Payment
	1/15/2015	Puget Sound Christian Clinic	9,166.67	Program Payment
	1/15/2015	Puget Sound Kidney Centers Foundation	5,833.33	Program Payment
	1/15/2015	Senior Services of Snohomish County	46,686.67	Program Payment
	1/15/2015	Smithwright Services	5,416.67	Program Payment
	1/15/2015	Snohomish County Fire District 1	12,035.50	Program Payment
	1/15/2015	Snohomish County Music Project	2,416.67	Program Payment
	1/15/2015	Washington CAN! Education & Research Fund	15,714.29	Program Payment
	1/15/2015	Wonderland Development Center	11,250.00	Program Payment
	1/15/2015	YWCA of Seattle, King and Snohomish Co	4,166.66	Program Payment
	1/15/2015	Volunteers of America Western WA	6,362.92	Program Payment
	1/5/2015	Benefit Solutions Inc.	30.00	FSA Payments
	1/6/2015	Benefit Solutions Inc.	62.39	FSA Payments
	1/24/2015	Benefit Solutions Inc.	20.00	FSA Payments
	1/23/2015	Benefit Solutions Inc.	10.00	FSA Payments

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	1/12/2015	Paychex	128.75	Third Party Disability Processing
	1/27/2015	WA Department of Revenue	755.41	B&O tax
	1/21/2015	Department of Labor and Industries	422.26	4Q14 L&I - State Fund
	1/13/2015	Department of Treasury	350.88	Taxes for Disability Leave Pay (Principal)
	1/27/2015	Harland Clarke Check	137.62	New Checks
		Total Wires/ACH Transactions	1,011,512.24	
Kruger Clinic Activity:				
211-226	Jan 2015	Various Claimants/Vendors	24,191.52	Administered by Healthcare Realty
Workers Compensation Claims Activity:				
305197-203	Jan 2015	Various Claimants/Vendors	283,380.04	Administered by Eberle Vivian
		Total Disbursements	\$ 1,523,044.24	

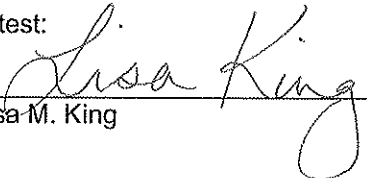
Transaction Date	Payer	Amount	Purpose
Deposits:			
1/2/2015	Value Village	24,428.45	Monthly lease
1/2/2015	Swedish/Edmonds	3,777.60	Kruger Clinic monthly lease correction
1/1/2015	John Headley MD PS	18,578.07	Kruger Clinic monthly lease
1/1/2015	Raymond Liu, D.D.S.	3,320.83	Kruger Clinic monthly lease
1/1/2015	Puget Sound Gastro	26,843.75	Kruger Clinic monthly lease
1/6/2015	Brian Tagaki, MD	75.00	Kruger Clinic monthly storage lease
1/7/2015	Puget Sound Gastro	26,843.75	Kruger Clinic monthly lease Feb
1/7/2015	Puget Sound Gastro	26,843.75	Kruger Clinic monthly lease Mar
1/9/2015	Lisa M King	20.00	Reimbursement for Jury Duty
1/8/2015	PFD - Copies	53.40	Copies
1/9/2015	John Headley MD PS	371.00	Kruger Clinic monthly lease correction
1/9/2015	Snohomish County	13,443.46	Levy
1/31/2015	Sedgwick Comerica	0.45	Interest Income
	Total Deposits	\$ 144,599.51	



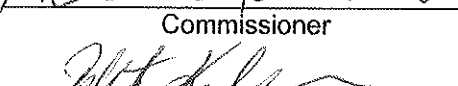
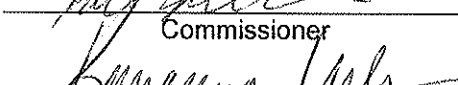

VERDANT HEALTH COMMISSION
 PUBLIC HOSPITAL DISTRICT #2
 SNOHOMISH COUNTY, WASHINGTON

WARRANT APPROVAL

We, the undersigned Board of Commissioners of Public Hospital District #2 of Snohomish County, Washington, do hereby certify that the merchandise or services hereinafter specified have been received and that Warrant Numbers 10969 through 11012 have been issued for payment in the amount of \$203,960.44. These warrants are hereby approved.

Attest:


 Lisa M. King


 Commissioner

 Commissioner

 Commissioner

 Commissioner

 Commissioner

Warrants Processed:	1-1-15 – 1-31-15	\$203,960.44
Work Comp Claims Pd:	1-1-15 – 1-31-15	283,380.04
Kruger Clinic Processed:	1-1-15 – 1-31-15	24,191.52
Payroll:	12-21-14 – 1-3-15	13,051.47
	1-4-15 – 1-17-15	<u>15,844.54</u>
		28,896.01
Electronic Payments:	Payroll Taxes	11,885.08
	Paychex	330.08
	Valic Retirement	4,695.21
	Benefit Solutions	122.39
	Bank Fees	18.94
	WA State Dept Revenue	755.41
	Dept of L&I	422.26
	Harland Clarke Check Co.	137.62
	Program Expenditures	<u>963,898.36</u>
		<u>982,616.23</u>
Grand Total		<u>\$1,523,044.24</u>

E:10:15
2/25/15

Capital Project Budget Verdant Community Wellness Center

February 24, 2015

	Approved August 2013	Approved February 2014	Hard Bid March 2014	Update October 2014	Final Update February 2015
Building & Land Acquisition:	\$ 1,825,000	\$ 1,822,245	\$ 1,822,245	\$ 1,822,245	\$ 1,821,053
Project Management:	\$ 65,000	\$ 85,000	\$ 85,000	\$ 85,000	\$ 97,000
Architecture and Engineering Design:	\$ 190,000	\$ 271,000	\$ 271,000	\$ 271,000	\$ 262,049
Construction and Tenant Improvemer	\$ 765,000	\$ 1,974,952	\$ 1,840,494	\$ 1,928,834	\$ 2,121,654
Furniture, Fixtures & Equipment:	\$ 80,000	\$ 98,000	\$ 98,000	\$ 110,839	\$ 125,865
Contingency:	\$ 75,000	\$ 177,489	\$ 311,947	\$ 210,767	\$ 1,066
Total Capital Project Budget:	\$ 3,000,000	\$ 4,428,686	\$ 4,428,686	\$ 4,428,686	\$ 4,428,686

E: 11:15

2 25.15

To: Verdant Commissioners

From: Carl Zapora, Superintendent

Date: February 23, 2015

Re: Resolution 2014-07: 2015 Tax Levy

In 2014, the finance committee reviewed two options for 2015 tax levy resolutions. The first included the automatic 1% increase, for total revenue of \$2,160,850.11. The second option included both the 1% increase as well as the banked capacity for a total of \$2,185,156.39. The finance committee selected the second option which was presented at the October board meeting.

Resolution 2014-07: 2015 Annual M&O Tax Levy was unanimously passed by the board of commissioners on October 22, 2014. This approved the annual 1% automatic increase as well as the banked capacity of \$24,065.63 which equates to an additional 1.15% for total revenue of \$2,185,156.39 or a total increase of 2.15% over 2014.

Due to an administrative error, the board inadvertently signed the first option which did not include the banked capacity and increased the annual levy only the automatic 1%. We caught this error too late for any changes to be made by the county. We have reviewed the process used to document the board's action and communications with the county, and have put in place protections to make sure a similar error does not happen in the future.

Banked capacity funds will remain available for the District to recover in 2016. The board may choose to recover the funds by passing a resolution for the annual 2016 M&O Levy at the board meeting in October 2015. This will, in essence, make us whole and consistent with the board's prior action.

The loss to the District on interest income caused by this one-year delay in receiving the banked capacity funds is negligible. Assuming a return of 1% on the delayed \$24,065.63, the District's lost interest is approximately \$130.

I apologize for this error and again assure you the protections we have put in place will prevent a similar error from happening in the future.

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PUBLIC HOSPITAL DISTRICT NO. 2
SNOHOMISH COUNTY, WASHINGTON

RESOLUTION NO. 2014-07

A resolution of the Commission of Public Hospital District No. 2, Snohomish County, Washington (the "District"), approving the dollar amount and percentage increase in the District's regular property tax levy for calendar year 2015.

WHEREAS, RCW 84.55.120 requires a taxing district, other than the state, that collects regular levies to hold a public hearing on revenue sources for the district's following year's current expense budget; and

WHEREAS, RCW 84.55.120 further requires the hearing to include consideration of possible increases in property tax revenues and requires that the hearing be held prior to the time the taxing district levies the taxes or makes the request to have the taxes levied; and

WHEREAS, RCW 84.55.120 authorizes the taxing district to hold a public hearing in conjunction with its annual budget hearing required by RCW 70.44.060(6); and

WHEREAS, a hearing in compliance with RCW 84.55.120 and RCW 70.44.060(6) was held on October 22, 2014; and

WHEREAS, the Board of Commissioners of the District, after hearing and duly considering all relevant evidence and testimony presented, determined that the District requires an increase in property tax revenue from the previous year, in addition to that resulting from the addition of new construction, increases in assessed value due to construction of electric generation wind turbine facilities classified as personal property, improvements to property and any increase in the value of state-assessed property, in order to discharge the expected expenses and obligations of the District; NOW, THEREFORE,

BE IT RESOLVED by the Commission of Public Hospital District No. 2, Snohomish County, Washington, as follows:

Section 1. The Board of Commissioners hereby determines that the District requires a regular levy in calendar year 2015 of \$2,165,000 which amount is exclusive of the additional tax revenue resulting from the addition of new construction, increases in assessed value due to construction of electric generation wind turbine facilities classified as personal property, improvements to property and any increase in the value of state-assessed property, and amounts authorized by law as a result of any refunds made, in order to discharge the expected expenses and obligations of the District.

Section 2. The Board of Commissioners hereby approves an increase in the District's regular property tax levy for calendar year 2015 in the amount of \$21,048, which is a percentage increase of 1% from calendar year 2014. This increase shall be in addition to the increase in tax revenue resulting from the addition of new construction, increases in assessed value due to construction of electric generation wind turbine facilities classified as personal property, improvements to property and any increase in the value of state-assessed property.

Section 3. The Superintendent is directed to certify to the County Assessor, no later than November 30, 2014, a copy of this Resolution showing its adoption; and to perform such other duties as are necessary or required by law to the end that the maximum levy capacity available to the District under chapter 84.55 RCW, as determined by the Washington State Supreme Court, is banked for use in future years.

ADOPTED AND APPROVED by the Board of Commissioners of Public Hospital District No. 2, Snohomish County, Washington, at an open public meeting thereof, this 22nd day of October, 2014, the following commissioners being present and voting in favor of the resolution.



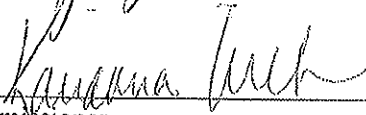
President and Commissioner



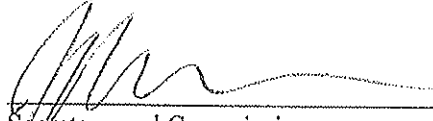
Commissioner



Commissioner




Commissioner



Secretary and Commissioner

I, J. Bruce Williams, Secretary to the Board of Commissioners of Public Hospital District No. 2, Snohomish County, Washington, certify that the attached copy of Resolution No. 2014-07 is a true and correct copy of the original resolution adopted on October 22, 2014, as that resolution appears on the Minute Book of the District.

DATED this 22nd day of October, 2014.



J. Bruce Williams
Secretary to the Board of Commissioners

Program Committee Summary

- The program committee did not meet in February—there were only two new proposals this month, which the committee will review in March with its new members.
- The committee has invited representatives from the Edmonds School District to present findings from its nutrition assessment:
 - Verdant provided a one-time grant of \$11,980 to conduct an assessment of the School District's food and nutrition practices, including research into best practices and local attitudes and beliefs about food and nutrition,
 - When funding was approved, Verdant asked that the School District present the findings back to our board, so the School District has prepared a presentation,
 - Representing the School District: Barbara Lloyd, Food Service Director; Stewart Myhre, Executive Director of Finance and Operations; Barbara Pyper, Consultant

Edmonds School District



Nutrition Assessment and Improvement Program Grant Report

February 2015

Executive Summary

In 2014, a grant from Verdant Health Commission provided the opportunity for Edmonds School District to research/explore food and nutrition practices within the District. This was accomplished through a series of student surveys completed by 724 students during summer and fall, a parent/staff/community survey completed by 1,123 and a follow-up focus group-type survey.

Grant activities also included a comprehensive review of the wellness policy and procedures and significant research on best practices related to school nutrition services in the areas of school gardens, farm to school and communications and marketing.

Overall, the survey results indicate that:

- Students choose not to eat school meals primarily because they are eating breakfast at home or they bring their lunch.
- The main entrée is the most liked meal component.
- Parents are generally unaware of available menu choices and menu item details (specifically related to nutritional content).

Greatest opportunities to strengthen the positive impact of school meals in the district include:

- Enhance information provided to students and other stakeholders, including local purchasing information and descriptive menu terms.
- Consider a branding program to reinforce the program.
- Create web-based resources (recipes, nutrition info) for parents and also for staff and the community.

Introduction

In March 2014, The Edmonds School District #15 was awarded a grant from Verdant Health Commission (Public Hospital District No.2, Snohomish County), to provide a Nutrition Assessment and Improvement Program.

The purpose of the grant was to enable the District to provide the Nutrition Assessment and Improvement Program for the benefit of Public Hospital District No. 2 (PHD2) residents.

The Nutrition Assessment and Improvement Program consisted of an assessment on all levels of the District's food and nutrition practices, including local attitudes and beliefs about food and nutrition. Research into demonstrated/documented national best practices was conducted.

Grant Outcomes as Defined in the Agreement

The interlocal agreement included the following grant outcomes:

The District will engage an external nutrition consultant to assess the District's current food and nutrition practices and to evaluate priorities and opportunities for making improvements. The assessment will also include research into best and successfully implemented practices in other school districts' food and nutrition practices.

The District, and its consultant, will engage community members, staff, and other constituents through surveys and focus groups. The District will use its best efforts to conduct at least 5 focus groups and 3 surveys of different community constituents.

The District, and its consultant, will compile a written report summarizing the assessment results and highlighting opportunities for improvements in food and nutrition policies and practices in the District.

The District will present the results to the Verdant Health Commission board or designated committee at a mutually agreeable date following the completion of the assessment.

Grant Goals

- Comprehensive list and information of current food and nutrition practices and activities within the district.
- Summary of findings from the stakeholder focus groups and surveys (related to food and nutrition practices, activities and beliefs).
- Development of proposed long-term strategies, programs and policies that support best practices related to food, nutrition, health and wellness, including farm to school.

Assessment of Wellness Policy Compliance with the Healthy Hunger-Free Kids Act of 2010

Edmonds School District has a comprehensive wellness policy and related procedures. The following summarizes the requirements and District compliance status.

	Old Requirements (2004)	New Requirements (2010)	ESD Current Status
Overview	Directs local educational agencies (LEAs) to have in place a local wellness policy (LWP) for each school under its jurisdiction.	Strengthens LWPs and adds rules for public input, transparency and implementation.	Compliant
Elements of Local School Wellness Policy	LWP to include, at minimum, goals for nutrition education, physical activity and other school-based activities to promote student wellness, as well as nutrition guidelines for all foods available on school campus.	In addition to 2004 requirements, the LWP is also to include goals for nutrition promotion.	Compliant
Stakeholder Involvement	LEAs are required to involve parents, students and representatives of the school food authority, the school board, school administrators and the public in the development of the LWP.	In addition to the 2004 requirements, the LEAs are now required to permit teachers of physical education and school health professional to participate in the development of LWP	Compliant – committee is broad-based.
Stakeholder Participation	The stakeholders named above are required to participate in the development of the LWP.	In addition to the 2004 requirements, LEAs are now required to permit all stakeholders named above and in 2004 to participate in the implementation and periodic review and update of LWP.	Compliant – committee is broad-based.
Local Discretion	LEAs can determine the specific policies appropriate for schools under their jurisdiction, provided that those policies include all required elements specified in the Act.	Same as 2004	Compliant
Public Notification	None	LEAs are required to inform and update the public (including parents, students and others in the community) about the content and implementation of the LWP.	Compliant
Measuring Implementation	LEAs are required to establish a plan for measuring implementation of the LWP.	LEAs are required to measure periodically and make available to the public an assessment on the implementation of LWP, including the extent to which schools are in compliance with LWP, the extent to which the LWP compares to model LWP, and to describe the progress made in attaining the goals of LWP.	Compliant – first audit in process

Edmonds School District #15**Nutrition Assessment and Improvement Program Grant Report**

	Old Requirements (2004)	New Requirements (2010)	ESD Current Status
Local Designation	LEAs are required to establish a plan for measuring implementation of the LWP, including designation of one or more persons within the LEA or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the LWP.	LEAs are required to designate one or more LEA officials or school officials, as appropriate to ensure that each school complies with the LWP.	Compliant

Currently, physical activity in the district includes:

- Physical Education classes:
 - 2x per week in elementary school; 30 minutes each time
 - Daily for middle school (both years)
 - High Schools offer at least 4 different PE courses that students can take
- Elementary Physical Activity:
 - Recess varies depending on school but generally students have between 30-45 minutes daily
 - Move 60 at every elementary school
 - Gear Up and Go – 5th grade students
- Secondary Physical Activity:
 - WIAA Athletics in middle and high schools
 - Various clubs

Edmonds School District #15

Nutrition Assessment and Improvement Program Grant Report

Nutrition education

The essential academic learning requirements (EARLs) outline health and fitness requirements, including:

EARL 1 – movement, physical fitness and nutrition

EARL 2 – dimensions of health, stages of growth and development, reduction in health risks and promotion of safe living

EARL 3 – analysis and evaluation of the impact of real-life influences on health

EARL 4 – analysis of personal information to develop an individualized fitness plan

Each EARL has accompanying Grade Level Expectations (GLEs) that outline a specific statement of cognitive demand and the essential content or process to be learned. Additionally, each GLE includes a statement on Evidence of Learning.

Within the District, elementary teachers incorporate nutrition education in to regular lessons. Physical Education (PE) teachers might touch on a little bit of nutrition – label reading, calories, sugar/protein/fat. The district also now has the Pure Food Kids workshops in many of our schools at 4th grade (some 5th).

As part of the meal service, students have access to ChooseMyPlate meal information at breakfast and lunch. This information provides insight in to meal component choices. Nutrition information by week is available on the website. In addition, all nutrition and allergy information is available for menu items on the website:

	Serving Size	Calories per Serv.	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Fiber (g)	Peanuts	Tree Nuts	Milk	Egg	Soy	Wheat	Fish	Shellfish
Nutrition Information															
Allergens															
Bean and Cheese Burrito	1 each	270	13.8	44.2	5.7	2.0	305.7	8.0		X			X	X	
Beef Soft Taco	1 each	332	21.6	23.8	16.6	6.2	717	3.0		X			X	X	
Beef Taco Salad	1 each	292	19.6	18.8	16.6	5.7	492	1.0		X			X	X	
Brown Gravy	2 oz	25	0.0	5.0	0.0	0.0	410	0.0		X			X	X	
Brown Rice	1/2 cup	160	4.0	34.0	1.5	0.0	0	1.0							
Brunch Lunch/Sausage & Pancakes	1 serv.	330	17.0	41.0	14.0	4.0	440	3.0		X	X		X		
Cheese Pizza	1 slice	309	16.0	35.0	11.0	2.0	580	4.0					X	X	
Cheese Quesadilla	1 each	320	18.0	32.0	13.0	6.0	600	3.0		X	X		X	X	
Cheese Sandwich-Complimentary	1 each	215	17.0	30.0	6.5	2.5	570	4.0		X			X	X	
Chicken Burger on a Bun	1 each	311	21.0	34.0	10.0	2.0	656	6.0			X		X	X	
Chicken Drumstick	1 each	130	13.0	2.0	8.0	2.0	330	0.0							
Chicken Nuggets	5 each	170	15.0	9.0	8.0	2.0	396	1.0		X	X		X	X	
Chicken Soft Taco	1 each	216	17.0	21.0	6.8	2.2	798	3.0		X			X	X	
Corn Dog	1 each	240	9.0	30.0	8.0	2.5	390	5.0			X		X	X	
Fish Nuggets	1 Serv.	230	16.0	18.0	10.0	1.5	360	2.0					X	X	X
Hamburger on a Bun	1 each	270	18.0	26.3	10.0	3.5	345	4.0					X	X	
Hamburger Gravy	1 Serv.	125	10.0	6.0	6.0	2.5	700	1.0		X			X	X	
Mexican and Cheese	6 oz.	291	15.0	25.0	15.0	8.1	758	1.0		X	X		X		
Mozzo Nachos/Chili & Chips	1 serv.	292	15.6	24.1	14.6	6.0	512	3.3					X	X	
Mandarin Orange Chicken	1 serv.	150	11.0	19.0	3.0	0.5	280	0.0			X		X	X	
Mashed Potatoes	1/2 cup	60	2.0	13.0	0.0	0.0	35	1.0		X			X	X	
Pepperoni Pizza	1 slice	300	18.0	34.0	12.0	5.0	630	4.0		X			X	X	
				30.0	8.0	8.5	600	4.0		X			X	X	
				30.0	8.0	2.5	910	6.0					X	X	
				50.0	6.6	2.6	896	13.8					X	X	
				19.0	1.0	1.0	91	1.0					X	X	
				1.0	6.0	3.5	210	0.0		X			X	X	
				31.0	13.0	7.0	590	3.0		X	X		X	X	
				18.0	3.0	0.5	200	0.0			X		X	X	
				9.5	10.8	4.2	693	0.8		X	X		X	X	

	Serving Size	Calories per Serv.	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Fiber (g)	Peanuts	Tree Nuts	Milk	Egg	Soy	Wheat	Fish	Shellfish
Nutrition Information															
Allergens															
Teriyaki Chicken Bites	4 each	140	15.0	8.0	4.5	1.5	360	1.0					X	X	
Toasted Cheese Sandwich	1 each	284	18.5	30.5	10.1	5.8	655	2.3		X			X	X	
Turkey Gravy over Mashed Potatoes	1 serv.	150	12.3	14.4	3.6	1.1	397	1.0					X	X	
Yogurt	4 oz.	100	4.0	19.0	1.5	1.0	50	0.0		X					
BREAD															
Hamburger Bun	1	140	6.0	25.0	2.0	0.0	260	4.0					X		
Wheat Roll	1	70	3.0	13.0	1.0	0.0	140	2.0					X		
Sandwich Bread	1 slice	70	3.0	14.0	1.0	0.0	140	2.0		X			X	X	
FRUIT/VEGETABLES															
Canned Fruit, average	1/2 cup	74	0.4	19.2	0.0	0.0	4	1.6							
Fresh Salad, average	1/2 cup	14	0.8	2.8	2.0	0.0	6	1.2							
Fresh Fruit, average	1/2 cup	52	0.5	13.4	0.0	0.0	0	2.0							
Fruit Cup-Applesauce-Cinnamon	4.5 oz.	90	0.0	22.0	0.0	0.0	15	2.0							
Fruit Cup - Mixed Fruit	4 oz.	76.5	0.4	20.0	0.0	0.0	11	1.1							
Fruit Cup - Peaches	4.4 oz.	80	1.0	19.0	0.0	0.0	0	1.0							
Fruit Cup - Pears	4.5 oz.	60	0.3	15.6	0.0	0.0	0	2.0							
Fruit Cup - Strawberries	4.5 oz.	90	1.0	22.0	0.0	0.0	0	2.0							
Fresh Vegetable, average	1/2 cup	16	0.7	4.0	0.0	0.0	32	1.1							
Jicama	1/4 cup	12	0.2	2.9	0.0	0.0	1	1.6							
Raisins	each	120	1.0	29.0	0.0	0.0	5	2.0							
Milk															
1% White Milk	8 oz.	110	8.0	13.0	2.5	1.5	125	0.0		X					
Chocolate Nonfat Milk	8 oz.	130	8.0	23.0	0.0	0.0	230	0.0		X					
Dressing															
Ranch	1 oz.	87	0.5	2.1	9.6	1.4	141	0.0		X					

**The nutrition and allergy information is taken directly from manufacturers' labels and databases and is subject to change. Edmonds School District does not guarantee the accuracy of the information and provides it solely for your convenience. For additional information please contact Sara Conroy, Edmonds School District's Operations Manager of Food Services, at 425-431-7076

The Food Services Department is also available for classroom lectures, upon request.

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Edmonds Food Services Department Program Snapshot

The Food Services Department serves an average of 2,450 breakfast and 6,560 lunch meals each day.

Food production is centralized four production kitchens. Both hot and cold food is prepared at one of the four sites and then transported to twenty-two elementary schools, three middle schools, one high school, one alternative school and one administrative site.

	Elementary	Middle	High
% Free or Reduced	38.4%	40.2%	32.3%
Average Daily Meal Counts			
Breakfast	1,725	275	450
Lunch	4,160	950	1,450
Breakfast			
Paid meal price	\$1.50	\$1.75	\$1.75
Reduced meal price	\$0.00	\$0.00	\$0.00
Lunch			
Paid meal price	\$2.95	\$3.75	\$3.75
Reduced meal price (K-3/4-6)	\$0.00/\$0.40	\$0.40	\$0.50
Menus			
Breakfast entrée choices	6	10	11
Fresh fruit available	Yes	Yes	Yes
Lunch entrée choices	3	7	9
Fresh fruit available	Yes	Yes	Yes
Salad bar choices available	4	4	4

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Nutrition Assessment and Improvement Program Grant Report

Food is purchased from a prime vendor, dairy, produce company and bakery. USDA Foods are received via Washington State OSPI purchasing. Currently, locally-sourced products regularly purchased include:

- Milk
- Bread (including buns, rolls, bagels)
- Produce (see chart for details on product availability)

Eggplant	NO																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																											
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During the 2013-14 school year, the Food Services Department locally purchased:

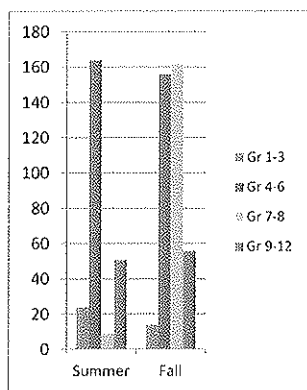
- 21,665 dozen whole wheat hamburger buns (259,980 each)
- 1,735 cases of apples (282,805 each)
- 1,542 cases of baby carrots (46,260 pounds)
- 1,358,860 half pints of milk

Edmonds School District #15
Nutrition Assessment and Improvement Program Grant Report

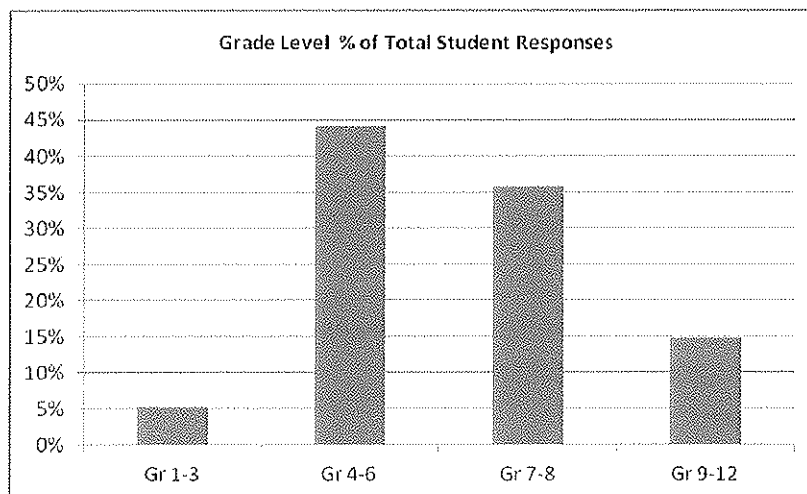
Student Survey Summary

Two student surveys were conducted during the grant period – a survey during summer school and a survey in October.

Students were informed of the summer survey opportunity via an email to the Edmonds School District program administrators who, in turn, communicated with summer school teachers. Teachers then made the survey link available to students. In the fall, the survey link was provided to building administrators who then made the link available to teachers. Teachers made the link available to students.

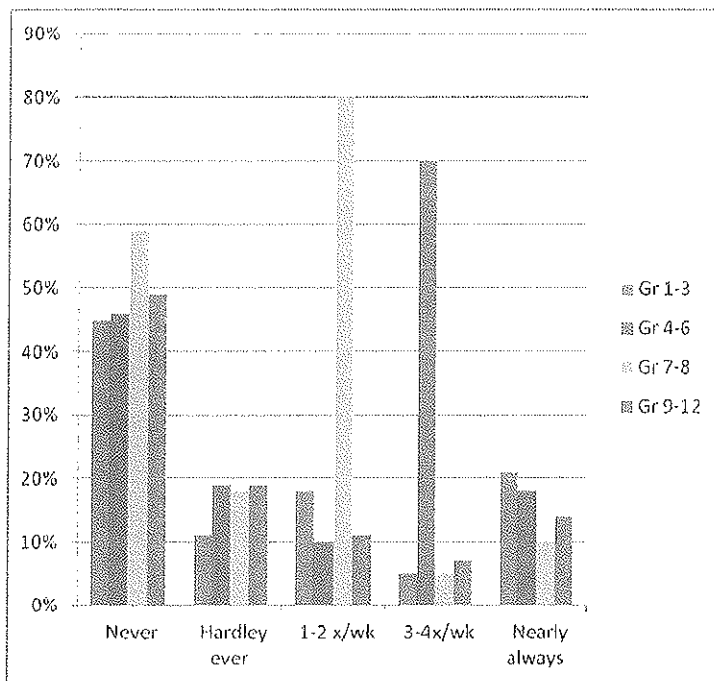


Total students completing the survey
by count (N = 724)

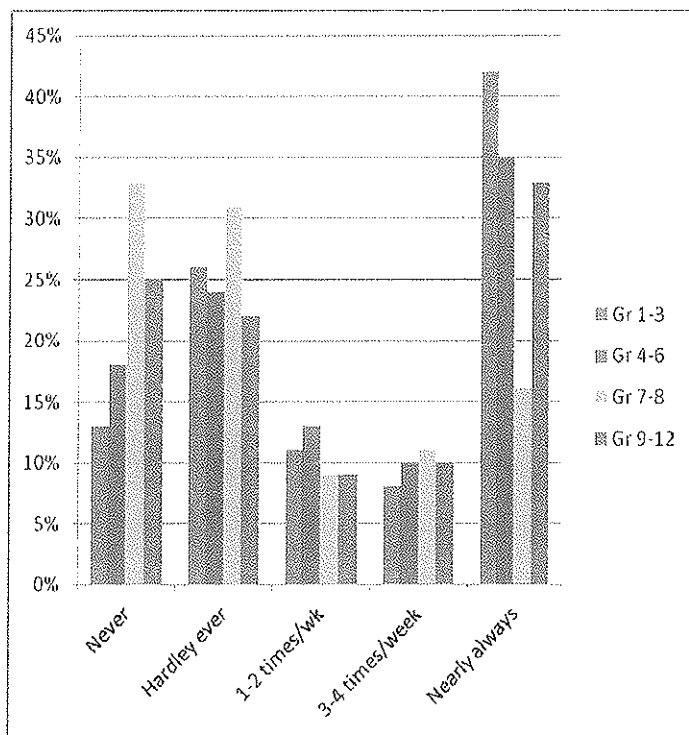


Edmonds School District #15
Nutrition Assessment and Improvement Program Grant Report

Frequency of eating meals as school varied by age group and by meal. Sixty-nine percent (69%) of all students responded that they never or hardly ever ate breakfast at school while forty-nine percent (49%) of all students responded that they never or hardly ever at lunch at school.



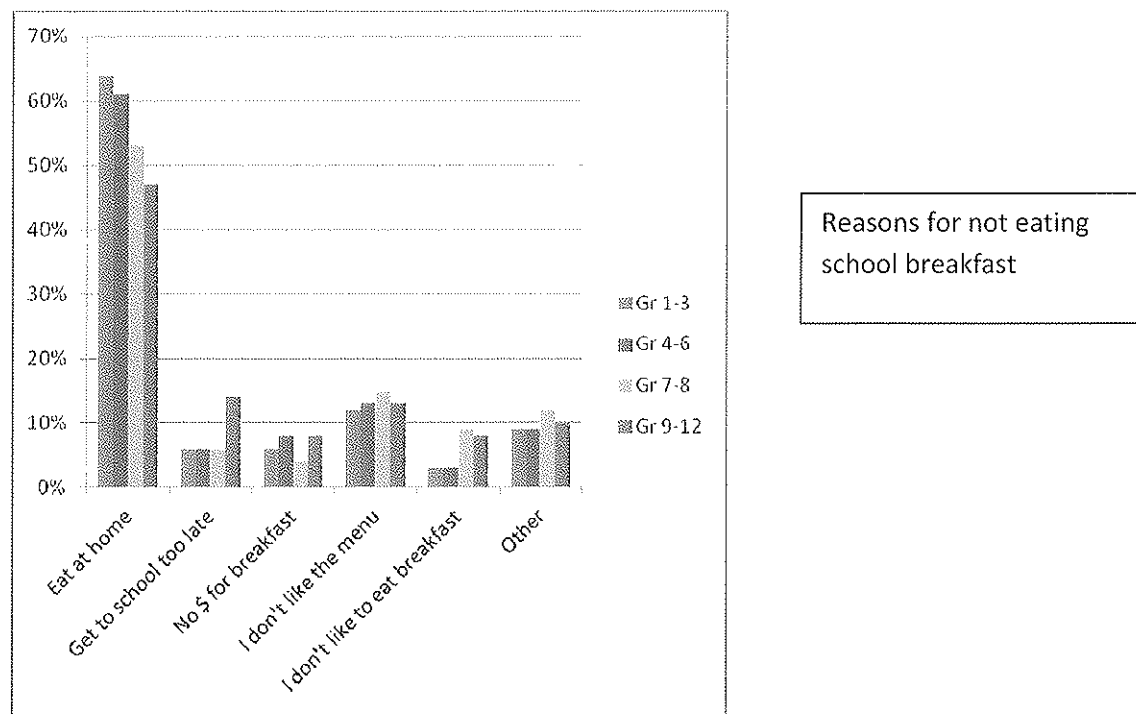
Frequency of eating
breakfast at school



Frequency of eating
lunch at school

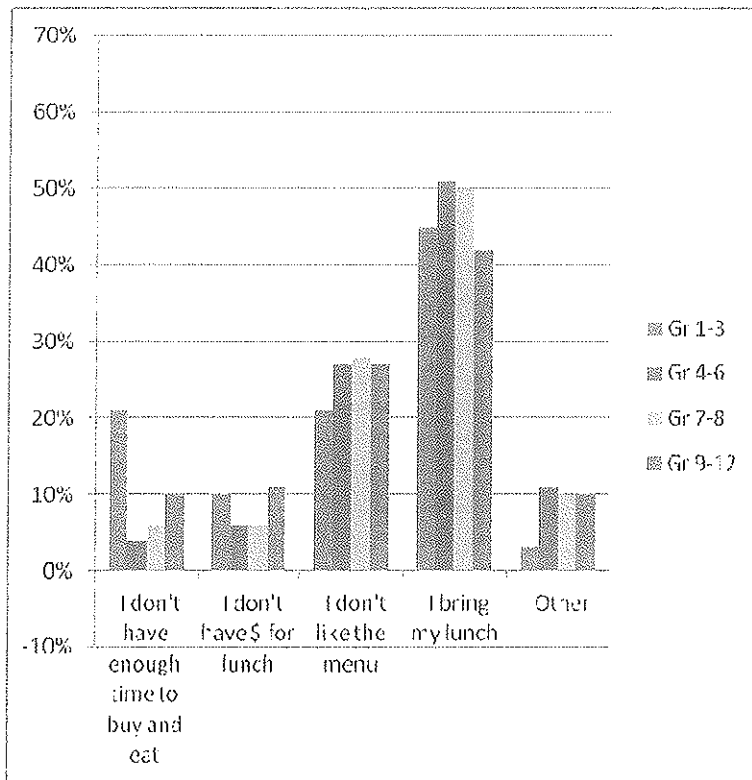
Edmonds School District #15
Nutrition Assessment and Improvement Program Grant Report

Reasons for not eating meals at school also varied. Fifty-six percent (56%) of students responded that they ate breakfast at home while forty-nine (49%) of students that they brought their lunch from home. Available menu choices were less of concern for breakfast (14%) than lunch (27%). A combined thirteen percent (13%) of respondents stated they did not have money for breakfast or lunch.



Other responses included:

- Not enough time
- Perception that food is not healthy
- Food allergies and dietary preference (vegan, vegetarian)
- Alternate eating location (YMCA)
- Menu choices are not liked (mentioned more frequently in responses from grades 7-12)
- Did not realize breakfast is served at school



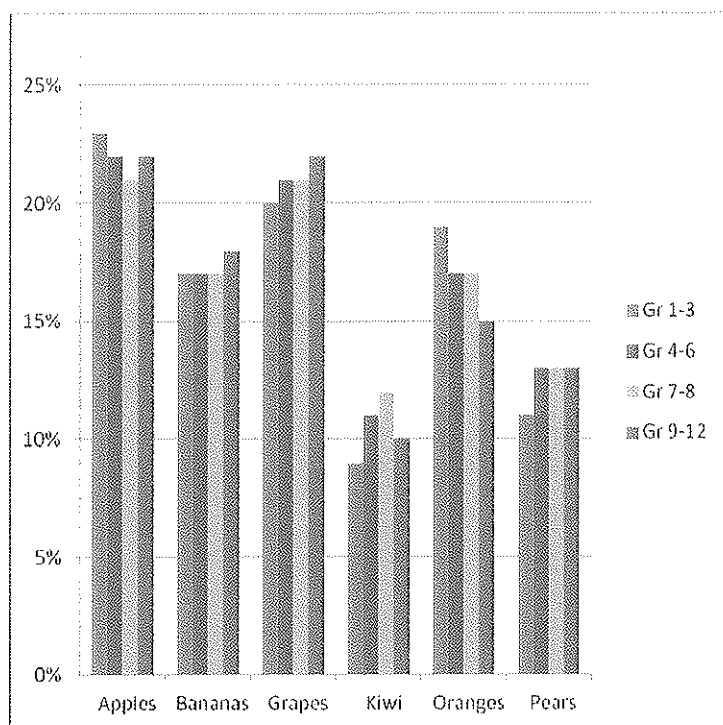
Reasons for not eating school lunch

Other responses included:

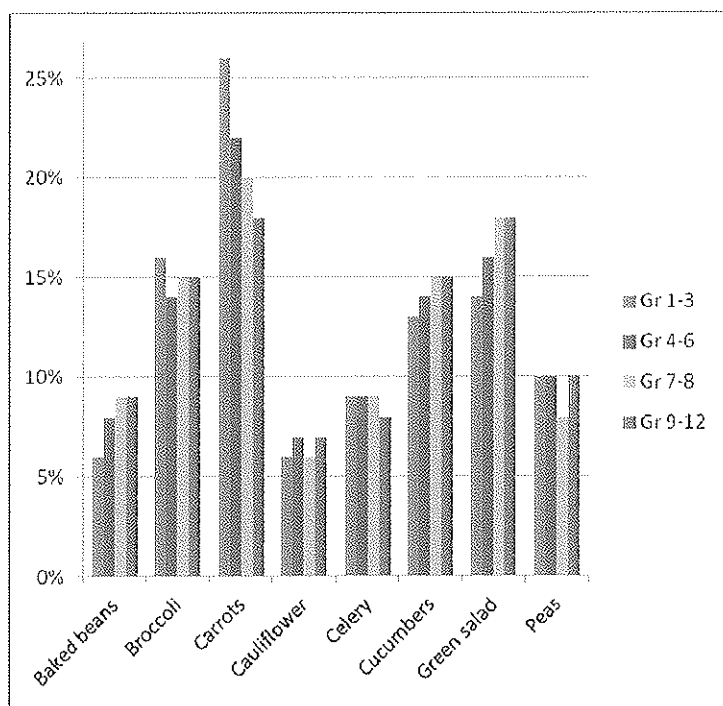
- Menu choices are not liked
- Food allergies and dietary preference (vegan, vegetarian, organic)
- Perception that the food is processed and/or not healthy
- Crowded lunch room

Edmonds School District #15
Nutrition Assessment and Improvement Program Grant Report

Fruit and vegetable preferences mirrored food purchasing and production information. Averaging responses, students appear to prefer fruit by approximately 14% over vegetables.



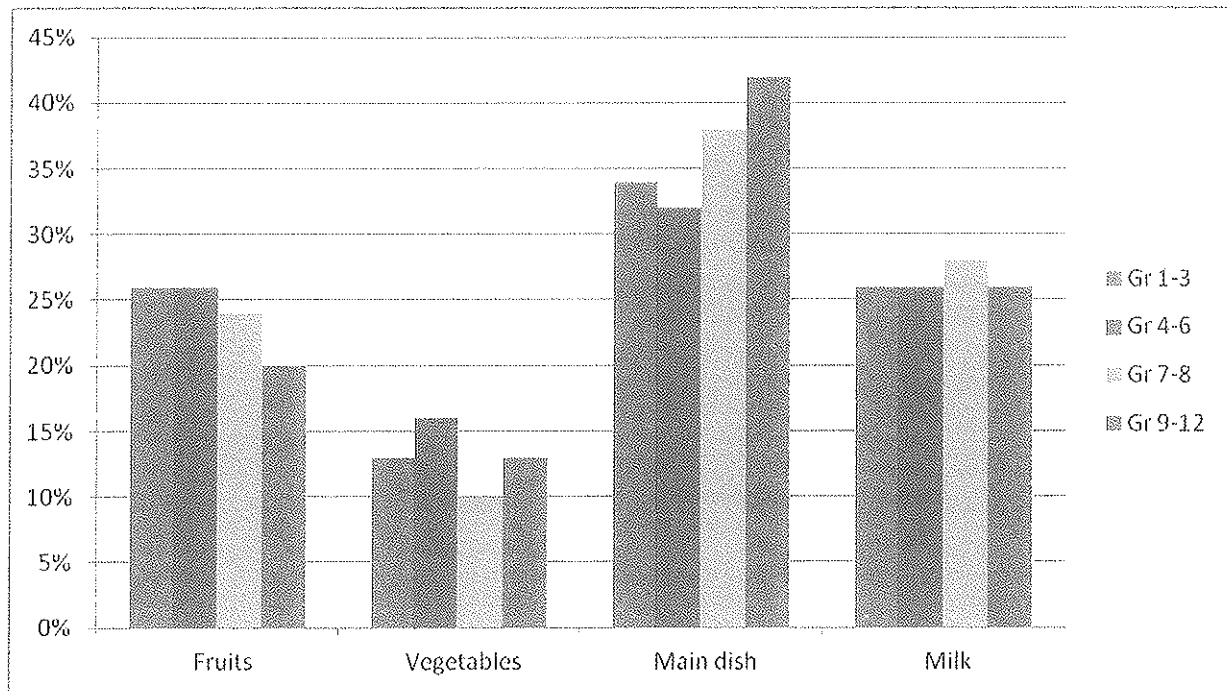
Fruit preferences



Vegetable preferences

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Nutrition Assessment and Improvement Program Grant Report

Student preference for meal component results:



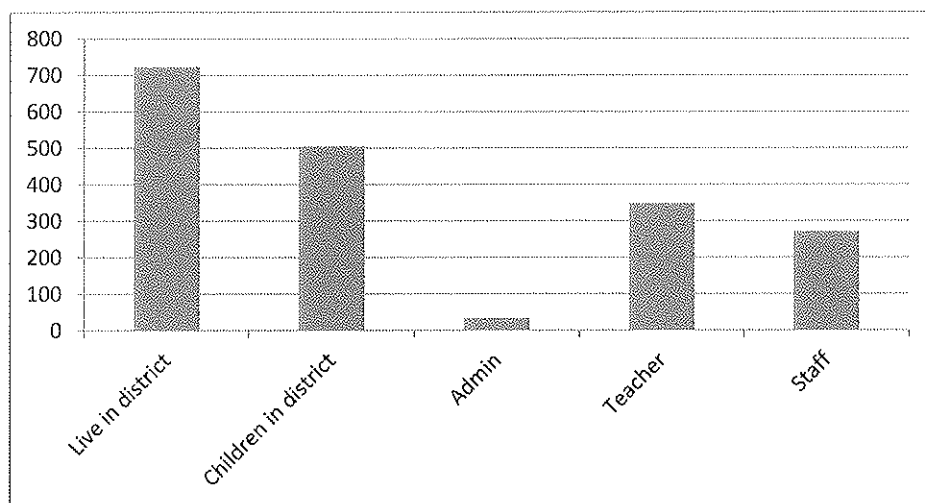
When asked what items to add to the menu, responses included:

- Bacon
- Ethnic food choices (Chinese)
- Fast food choices (McDonalds, KFC, Panda Express)
- French fries
- Fried chicken
- Fruit (pineapple, strawberries)
- Ice cream (and other desserts)
- Juice
- Pizza (different)

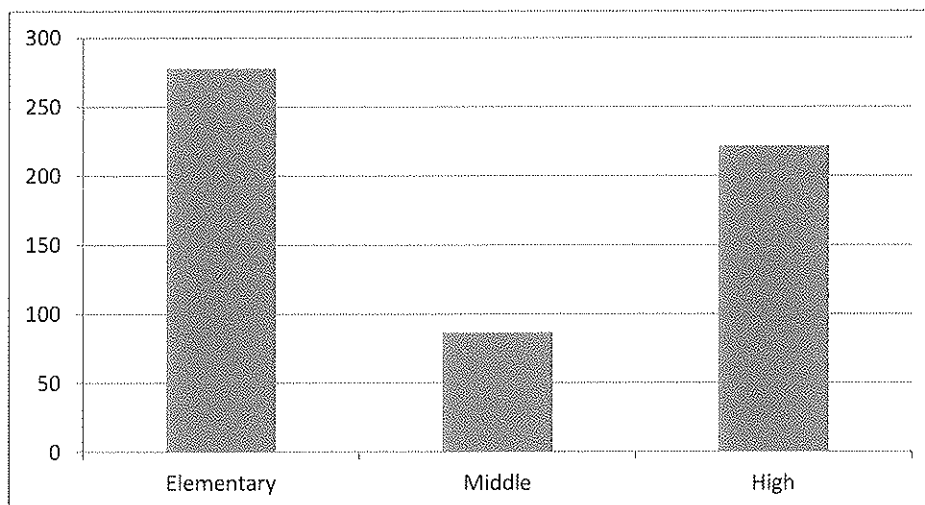
Edmonds School District #15
Nutrition Assessment and Improvement Program Grant Report

Parent and District Survey Summary

A separate survey was made available to district parents, staff, teachers and the district community. The survey was made available on the district website and the Edmonds School District News, with 1,123 total responses.



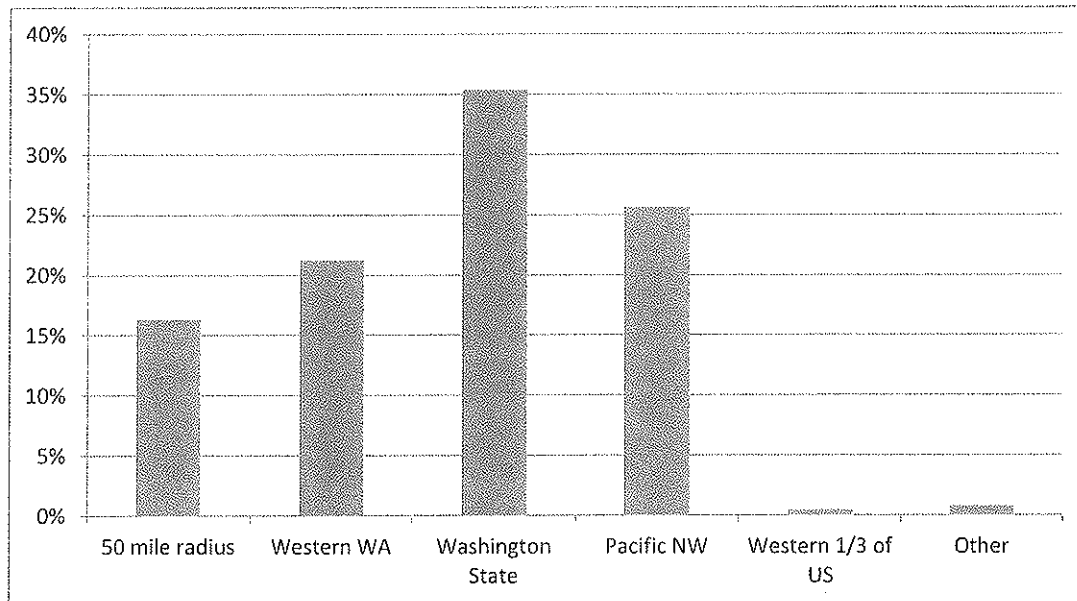
Of that, 587 respondents had students in the district.



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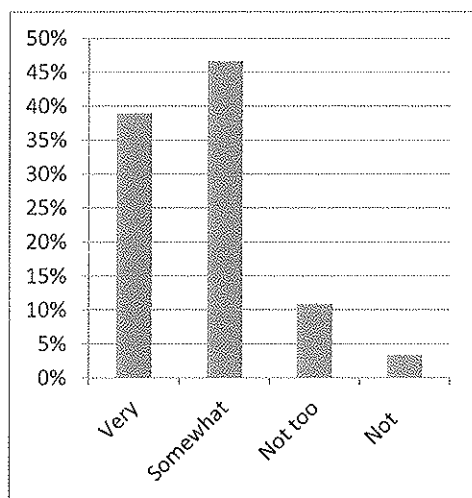
The adult survey focused on beliefs and practices of those within the district on a variety of food and nutrition issues.

When asked about the definition of purchasing local, the majority of respondents (n = 1,118) said purchasing food that was grown or produced within the state of Washington.

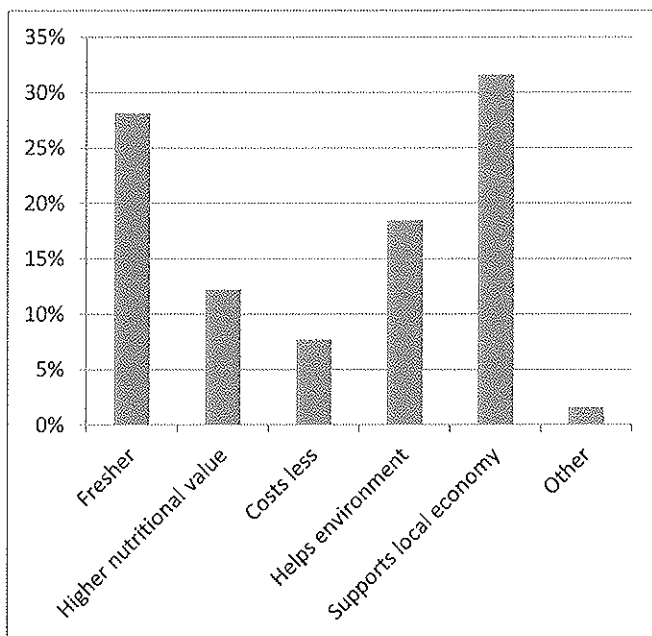


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The majority of respondents (n = 1,120) stated that it was somewhat important that the school district purchase food grown or produced locally as much as possible.



When asked why purchasing food that is grown or produced locally is important to the district, the majority of respondents felt it supported the local economy, followed by "it's fresher."



Edmonds School District #15**Nutrition Assessment and Improvement Program Grant Report**

Respondents were also asked to indicate how often they purchase fruit and/or vegetables from a variety of sources. The majority of purchases are from local grocery stores.

	Regularly	Sometimes	When Available	Rarely or Never
Local grocery	86%	12%	0.5%	2%
Warehouse store	28%	34%	3%	38%
Farmers market	18%	36%	21%	26%
Fruit/veg stand	14%	30%	17%	40%
Own garden	16%	15%	24%	46%
CSA	6%	5%	3%	86%
Food bank	1%	1%	0.2%	98%

The survey also asked about dinner meal preparation and types of meals prepared or purchased. The majority of respondents indicated that they prepare and cook a meal using basic ingredients five to seven times per week, use convenience products one to two times per week, and utilize delivery or take-out or a sit-down restaurant one to three times per month.

	5-7 times a week	3-4 times a week	1-2 times a week	1-3 times a month	Rarely or Never
Prepare and cook a meal at home using basic ingredients	54%	35%	10%	1%	0.4%
Prepare and cook a meal at home using product that has been pre-packaged (e.g., frozen pizza, canned food, boxed macaroni and cheese)	2%	15%	42%	24%	17%
Eat at home using food that has been prepared elsewhere (take out, delivery, drive through)	1%	4%	31%	47%	18%
Sit down restaurant	0.3%	1%	24%	57%	17%

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Our last survey question was, “If any of the following learning opportunities were available to you free of charge, please indicate your type and level of interest in each.”

	Interested if online info	Interested if in print form	Interested if presented in person	Interested if interactive online webinar	Not really interested
How to shop on a budget	38%	17%	8%	5%	50%
Choosing local products	44%	20%	7%	7%	38%
Planning a menu	40%	17%	9%	7%	46%
Sample menus	45%	21%	7%	5%	38%
Quick and easy recipes	60%	27%	8%	7%	22%
Preparing a meal	29%	13%	9%	4%	58%

Respondents could indicate any other topic that would be of interest to them as a learning opportunity related to food or nutrition. Responses varied and included some specific questions related to the Edmonds meal program (in addition to other educational topics). A total of 230 comments were received.

We also asked those interested in participating in a focus group to submit their contact information. We had 172 people submit their information (which indicated an interest in participating in a focus group). Of that total, 111 respondents had students in the Edmonds School District, including:

- 59 (elementary respondents)
- 14 (middle school respondents)
- 38 (high school respondents)

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Based on the October/November survey information, plans were initiated to complete several focus groups to gather additional information and clarify information from the survey. Emails were sent to all those who indicated interest with several possible early December 2014 dates and times. Of the 108 emails sent, a total of fifteen responses were received. Of the fifteen responses, seven declined and eight indicated they would participate.

In consultation with Dr. Nancy Katims, Assessment Program Director, it was agreed that we did not have sufficient interest in attending focus groups. Instead, we decided to again survey those who indicated they would be willing to participate in a focus group, asking additional questions.

The request to respond email was sent to 108 people and 46 responded (42.5%).

- 70% of the responses were from elementary student parents
- 6% of the responses were from middle school student parents
- 24% of the responses were from high school student parents

We asked parents how often they looked at school menu information and in what ways.

	Very often	Sometimes	Not very often	Hardly ever or never
Paper copy (elementary responses)	47%	9%	9%	34%
<i>Paper copy not available at secondary schools</i>				
District website (elementary responses)	6%	16%	25%	53%
District website (secondary responses)	8%	8%	23%	62%
School website (elementary responses)	3%	16%	28%	53%
<i>Secondary schools do not post menus</i>				
Phone the school (elementary responses)	0%	0%	9%	91%
Phone the school (secondary responses)	0%	8%	0%	92%
Phone the district Food Service office (elementary responses)	0%	0%	6%	94%
Phone the district Food Service office (secondary responses)	0%	0%	0%	100%

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We asked respondents how important it was to know both breakfast and lunch menu options every day.

	Very important	Somewhat important	A little important	Not important
Breakfast (elementary responses)	19%	16%	3%	63%
Breakfast (secondary responses)	17%	0%	8%	75%
Lunch (elementary responses)	47%	22%	13%	19%
Lunch (secondary responses)	15%	23%	8%	54%

When asked what other means of communication would help, elementary parents primarily responded none or via email. Secondary parents did not have any suggestions for other means of communication.

Respondents were also asked how interested they would be in having additional information about each menu food item available.

	Very interested	Somewhat interested	Not very interested
Description (elementary responses)	55%	26%	19%
Description (secondary responses)	46%	46%	8%
Nutritional information (elementary responses)	58%	32%	10%
Nutritional information (secondary responses)	31%	69%	0%
Whether or not it's locally purchased (elementary responses)	40%	47%	13%
Whether or not it's locally purchased (secondary responses)	38%	39%	23%

Other information requested included:

- Serving size
- Ingredient lists (as it relates to allergens)
- Organic
- Additional nutrients (sugar, sodium)

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As a follow-up to questions asked in the first survey about classes and nutrition education, we asked survey participants to indicate the likelihood of attending a class about a topic of interest if the class was held at specific times.

	Very likely to attend	Somewhat likely to attend	Not likely to attend
Early weekday evening with a meal included	19%	44%	37%
Weekend morning	5%	36%	59%

We followed up by asking survey participants to indicate how appealing a number of factors might be if they were part of an in-person class.

	Very appealing	Somewhat appealing	Not very appealing
Leaving the class with ingredients to prepare one of the demonstrated recipes	44%	21%	35%
Developing menus during the class that I will be able to use at home	35%	37%	28%
Preparing food during the class that I can take home	37%	33%	30%
Developing a shopping list with a budget	35%	30%	35%
Leaving the class with recipes demonstrated during the class	42%	37%	21%

Other suggestions included:

- Providing childcare for the class
- Developing classes that are targeted to a combination of parent and child
- Providing snacks during the class
- Dealing with picky eaters

Best Practices – Wellness Programs

The Edmonds School District wellness policy and related procedures were originally implemented in 2006, utilizing best practices information available at the school, state and national levels. Revisions and updates to assure compliance with the Healthy Hunger-Free Kids Act of 2010 were completed.

The Wellness Committee meets monthly during the school year with an average attendance of 20%.

Best practices and resources for wellness programs in school districts are well documented.

- The Child Nutrition Program in the Office of the Superintendent of Public Instruction has a complete manual on school wellness best practices.
- The Alliance for a Healthier Generation has a summary of success stories on their website, including:
 - Philadelphia’s Anne Frank Elementary school (1,200 students) is making sure that all students participate in 60 minutes of physical activity per day, adding entrée salads, eliminating food as a reward in the classroom
- Action for Health Kids has a Washington State program that has provided training and resources.

During the February 2013 Washington State Office of the Superintendent of Public Instruction’s Child Nutrition program review, Edmonds wellness program met all standards.

Best Practices – School Gardens

School gardens have been shown to contribute to the success of farm to school programs and to student appreciation of agriculture. Curriculum connections with science, math, language, arts, health and wellness occur.

A review of successful programs reveals:

- A very strong connection with a city's gardening program, Master Gardeners, community garden experts and programs, as well as others who have both the expertise and time to commit to assisting in planning and execution.
- A well-defined approval process that involves a district's Facilities Team (and others as needed).
- Successful programs are externally driven (by volunteers) and have sufficient funding for planning, development, implementation and sustaining the garden (including a long-term maintenance plan).
- A program with a "reach" extending in to the community.
- A program that is focused on education, rather than providing food directly to students.

Real School Gardens is an organization that monitors school gardens across the United States. Launched originally in Texas, the organization focuses on children in low-income schools.

USDA provides extensive guidance on school gardens, from set-up through product use. These guidelines are focused on student and food safety.

Best Practices – Farm to School

Within Washington State, there are several examples of farm to school implementation.

Wenatchee School District contracts with more than 20 local farms (within a 10 to 60 mile radius) to provide fresh fruits and vegetables. To minimize labor time, fruit and vegetables are offered with minimal preparation. For example, carrots are washed and served with the stem on.

Auburn School District obtains some of their fruits and vegetables from local providers and serves them on a salad bar so that kids can help themselves.

Lopez Island School District purchases fresh fruits, vegetables and local grass-fed beef from local farmers.

Olympia School District partners with 7 local farms to supply fresh fruits, vegetables, whole grains, pizza crust, blueberries, as well as homemade syrups and jams.

Walla Walla School District partners with local growers to provide fresh apples to its students.

Arlington and Snohomish School Districts through grant funding by the Fresh Food in Schools project are using locally grown food in their lunch programs.

- Apples are plucked from the branches of Marshland Orchards in Maltby.
- The salad bar in Lake Stevens School District has cucumbers harvested from nearby Carleton Farm, sweet red peppers from Wapato, and celery sticks from Fife.

Arlington School District also hosted a [farm to school tour](#) to visit local farms in celebration of National Farm to School Month during October.

Orcas Island School District purchases fresh fruits, vegetables, and meats from local farmers. One of the cornerstones of the district's "Farm to Cafeteria" program is that good nutrition is a key to successful learning and that the quality of the product improves the closer to home it is purchased.

Additional resources can be found on the [Washington Sustainable Food and Farming Network website](#), including [Tricia Kovacs' presentation on buying locally grown food](#).

Edmonds School District #15 Nutrition Assessment and Improvement Program Grant Report

Best Practices – Communicating and Marketing Nutrition Services Information

School Nutrition Services marketing and communications has been accomplished by districts in a variety of ways.

Menus.

- While print menus are still very popular, most districts are making menus available on district websites.
- Menus are often supplemented with specific nutrition information.
- Format for menus is unique to each district.

JANUARY, 2015					
Monday	Tuesday	Wednesday	Thursday	Friday	School Schedule
<div> </div>					<div> </div>
1 Whole Grain Corn Whole Wheat Toast, Muffins and Bagels, Hot Veggies, Sandwiches, Rotating Favorites, served w/ fruit and milk Daily Lunch Entrées	5 Chicken Nuggets w/ on-fried Potatoes or w/ fried Egg	6 Roast Chicken w/ Roasted Potatoes, Green or Waxed Bean	7 Chicken Teriyaki w/ Chicken Rice or Onions	8 Nachos w/ Salsa and Refe Beans	9 1st Friday Mozzarella Cheese Brannoch's Cream Salad
Pizza Cheese, Pepperoni and Specialty Varieties	12 Spicy Buffalo Wings w/ On-fried Potatoes or Garlic Toast	13 Asian Chicken Bowl w/ Broccoli or Noodles	14 Whole Grain Chicken Corndog w/ Cheese Filled Tost	15 Chicken Caesar Wrap w/ Tofu Salad	16 2nd Friday Pesto w/ Meatballs or Salsa Hot Potatoes Bread
Lunch on the Go Monday a) Turkey Ham Bagel b) Cheese Yogurt with Whole Grain Fruit Muffin	20 General Tso's Chicken w/ Brown Rice or Noodles	21 Homemade Chili w/ Beef & Cheddar Cheese, Honey Corn Bunnet	22 Chicken Fajita w/ Tofu or Spanish Rice	23 3rd Friday Alaskan Breaded Fish or Cheese Bread	
Tuesday a) BBQ Chicken, Chicken Pie, Beef Taco Salad b) Veggie Salad c) Roast Turkey Sandwich	26 Chicken Nuggets w/ on-fried Potatoes or Waxed Bean	27 Chipotle BBQ Meatball Sub w/ Cheese	28 Chicken Tikka Masala w/ Brown Rice	29 Chef's Choice	30 4th Friday Semolina Bread Southwestern Chicken
Wednesday a) Chicken Caesar Salad b) Veggie Salad c) Roast Beef Sandwich	BREAKFAST = BRAINFUEL				
Thursday a) Oriental Chicken, Asian Noodle, Chicken Curry b) Chicken Bacon Salad c) Veggie Salad d) Turkey Sandwich	Breakfast: Allot Tailored! No Charge				
Friday a) Chicken Caesar Salad b) Veggie Salad c) Roast Turkey Sandwich	7:30 Middle School Lunch Program Students: \$2.00 Reduced: \$1.00 Adult: \$4.00				

Featured Specials of the Day

Monday, January 5
Hot and Mouth Water Potatoes
Crispy Potatoes

Tuesday, January 6
Fried Chicken and Potatoes
Hot Potatoes

Wednesday, January 7
Fried Chicken and Potatoes
Hot Potatoes

Thursday, January 8
Fried Chicken and Potatoes
Hot Potatoes

Friday, January 9
Fried Chicken and Potatoes
Hot Potatoes

Featured Specials of the Day

Monday, January 10
Hot and Mouth Water Potatoes
Crispy Potatoes

Tuesday, January 20
Hot and Mouth Water Potatoes
Crispy Potatoes

Wednesday, January 21
Hot and Mouth Water Potatoes
Crispy Potatoes

Thursday, January 22
Hot and Mouth Water Potatoes
Crispy Potatoes

Friday, January 23
Hot and Mouth Water Potatoes
Crispy Potatoes

Featured Specials of the Day

Monday, January 26
Hot and Mouth Water Potatoes
Crispy Potatoes

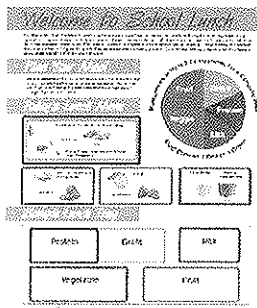
Tuesday, January 27
Hot and Mouth Water Potatoes
Crispy Potatoes

Wednesday, January 28
Hot and Mouth Water Potatoes
Crispy Potatoes

Thursday, January 29
Hot and Mouth Water Potatoes
Crispy Potatoes

Friday, January 30
Hot and Mouth Water Potatoes
Crispy Potatoes

Welcome to School Lunch Flyer
(Flyer will be available online and in Thursday update for you to find at your location.)

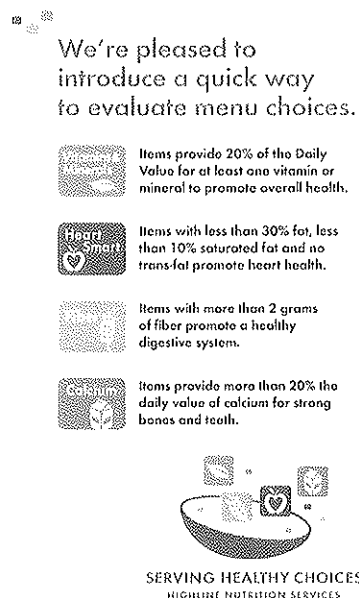
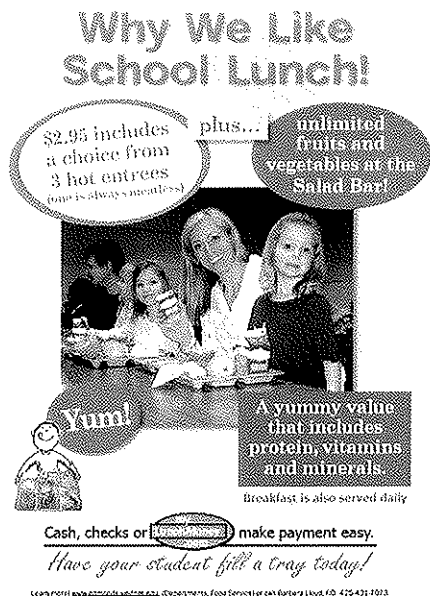


Edmonds School District #15

Nutrition Assessment and Improvement Program Grant Report

Signage.

- Signage is also very unique by district and may include general promotion, a specific program promotion and nutrition information.
- Signage placement varies by location and includes general signage within the dining space, as well as point-of-purchase .



Fill your plate!

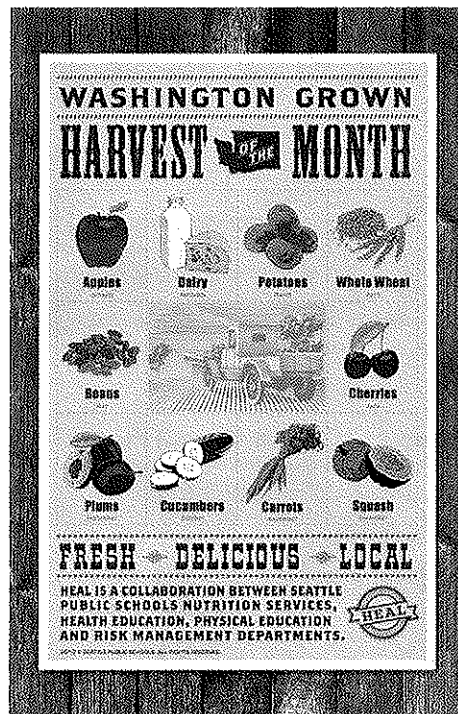
The salad bar is a great healthy choice!

Make it a Complete Plate!
Today's Daily Special

	Calories	Protein (gm)	Carbs (gm)	Allergens
Roasted Chicken Thighs	240	22	4	Milk
Baked Beans	130	7	26	Soy
Coleslaw	34	.6	3.8	Egg
Cornbread	150	3	39	Egg, Milk, Wheat

Healthy Choices will include...
Your choice of milk
Fruits & Vegetables from the Salad Bar

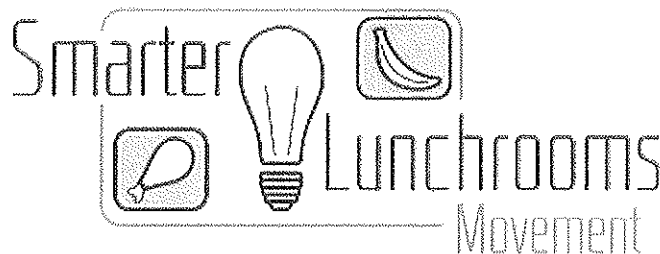
Remember to select items from at least 3 groups!



Edmonds School District #15 Nutrition Assessment and Improvement Program Grant Report

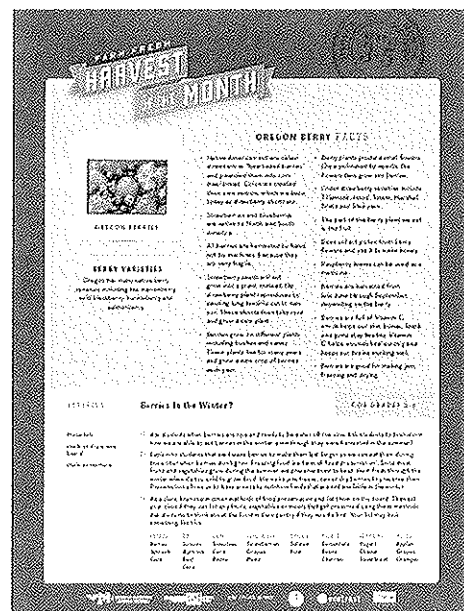
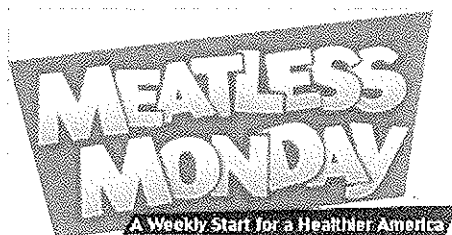
Cafeteria/dining space layout.

- Marketing can be enhanced by simple to complex layout changes, including:
 - Menu boards outside the cafeteria
 - Displaying fruit near the register
 - Using tactics to encourage selections by product placement
- Assessing opportunities using resources provided by the Smarter Lunchrooms Movement.



Promotions.

- Promotions vary but include harvest of the month programs, Meatless Month, fruit/vegetable/grain of the month and Fuel Up To Play 60 (as examples).



September is Broccoli Month!

Did you know...?


China and India are the world's leading broccoli producers.

Broccoli was first grown in Italy 2000 years ago.

Broccoli consumption has increased over 940% in the last 25 years.

Broccoli is a great source of vitamins A, C, and K.

Enjoy broccoli & our new broccoli salad this month!

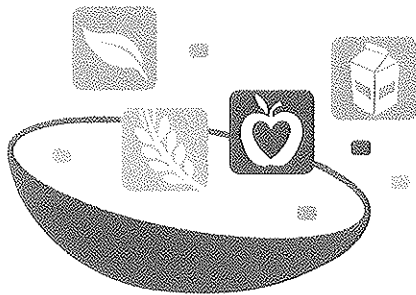




Edmonds School District #15
Nutrition Assessment and Improvement Program Grant Report

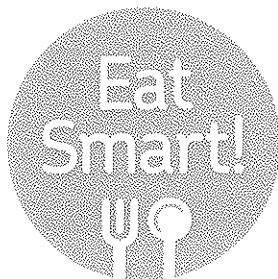
Program branding.

- Many districts have created an actual program “brand.” Use of an icon/logo, tag line and supporting materials have created a positive identity and message.



SERVING HEALTHY CHOICES
HIGHLINE NUTRITION SERVICES

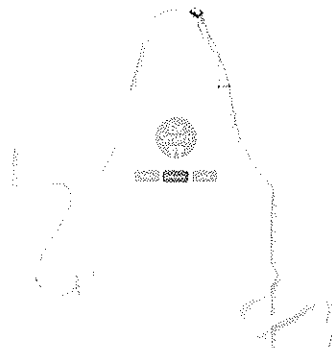
healthy
IS
happy!



Fresh

Healthy

Local

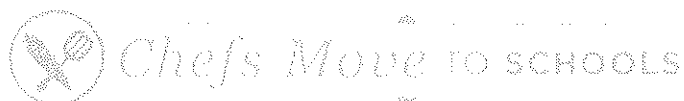
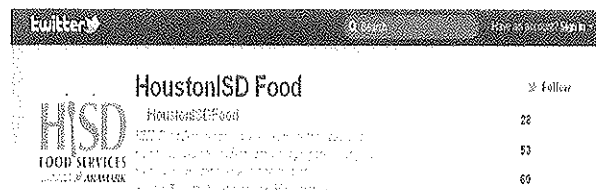


Edmonds School District #15

Nutrition Assessment and Improvement Program Grant Report

Other marketing and communications tools/techniques.

- Districts are utilizing social media (Facebook, Twitter, Instagram), websites
- Partnering with current programs, including the Chefs Move to Schools initiative or the Academy of Nutrition and Dietetics Kids Eat Right program, have strengthened marketing initiatives.



KIDS eat right.

Summary

What we found through surveys

- District/parental definition of local is more lenient than we anticipated
- There is a strong misperception of the quality of school meals, particularly regarding sugar and calorie content (adult responses).
- While adults responding to the survey stated that the majority of meals are cooked from basic ingredients at home, student requests for additional menu items were primarily either a dessert (ice cream or other) or fast food.
- The majority of respondents are somewhat interested in online nutrition education, menu planning and recipes.

What we found in reviewing the Food Services Department

- There are many opportunities to provide greater detail on school meals, including:
 - Ingredient lists
 - Allergen information
 - Purchasing source
- There are opportunities to educate parents and staff on current meal regulations
 - Meal components
 - Sodium guidelines
 - Smart Snack guidelines
 - General meal nutritional guidance
- There are unlimited opportunities to educate parents and staff:
 - General nutrition basics (nutrients)
 - Allergen information
 - Nutrition information by age group
 - Nutrition information for athletes
 - Menu information
- There are opportunities to greatly strengthen program marketing (see recommendations).

Recommendations

Focus on marketing and communication

- Expand website to include already-available information on products purchased within Washington State.
- Develop a strategy to share school menu information on the website or via social media including Facebook, Twitter and/or Instagram, depending on district guidance.
 - This includes school-specific menus for both breakfast and lunch
- Consider development of a branded marketing program, utilizing simple messages and graphics to convey that healthy and fresh options are available.
 - This should include development of a tag line, as well as simple graphic and should be utilized throughout the Nutrition Services program to convey messages and information.
 - Significantly expand information available on the website, including general nutrition information, additional menu information and product information.
 - Review current menus for possible adjustments that are within established budget and student preferences.
- Consider participating in school open houses with food samples and information regarding menu and meal choices.
- Expand communication on science-based research regarding school meals.
- Expand nutrition education for all students
 - Build out nutrition resources on the website (this may include sections on food allergens, general nutrition and resources associated with the ChooseMyPlate.gov and Dietary Guidelines for Americans, 2015)
 - Provide “nutrition fast facts” for incorporation in to school-specific newsletters.
 - Provide nutrition-related resources to teachers
- Develop a Frequently Asked Questions (FAQ) section on the website to address issues identified in the survey, including but not limited to:
 - Carbohydrates and sugars in foods
 - Feeding athletes
 - Rationale for centralized food production
 - Dealing with food allergies

Edmonds School District #15
Nutrition Assessment and Improvement Program Grant Report

Implement an ongoing meal quality assurance program

- Develop/implement a student feedback system, which could be a combination of paper forms and/or the use of QR codes or other electronic tools
- Pilot an independent meal evaluation program, which includes unannounced site visits focused on food quality, presentation and taste.

Continue to focus on local products

- Work with current contracted vendors to expand local product options
- Work with the Puget Sound Cooperative to specify and require local products whenever possible
- Enhance marketing related to local products
- Continue to explore the possibility of farm-to-school options which
 - Are financially feasible
 - Can provide food in sufficient quantity and at the required quality and safety level that meets standards

Explore collaboration with Verdant Health on community education

- Based on survey results, explore Edmonds' role in possibly marketing classes or supporting developed classes through tandem information sharing

Resources – School Gardens

Benefits of School Gardens

- Kidsgardening.org: <http://www.kidsgardening.org/node/13152> (heavily research-based)
- California Department of Education: <http://www.cde.ca.gov/ls/nu/he/gardenoverview.asp> (heavily research-based).
- Top 10 Reasons to Have a School Garden – Green Schoolyard Network: <http://greenschoolyardnetwork.org/>
- Denver Urban Gardens (pdf document): http://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=6&ved=0CEsQFjAF&url=http%3A%2F%2Fdug.org%2Fstorage%2Fpublic-documents%2FBenefits%2520of%2520School%2520Gardens.pdf&ei=r-m5U_WuJIffoAT004CQDA&usq=AfQjCNHfyDO8wi9Ca-7blhTmlHVnzWhhQg&sig2=geZPZ8l5YJklzUpCKknjrQ&bvm=bv.70138588,d.cGU
- National Gardening Association: <http://www.kidsgardening.org/activity/school-gardens-cultivate-future-one-child-time>
- Beginning Farmers.org: <http://www.beginningfarmers.org/the-benefits-of-school-gardens-health-dicipline-performance/> (list of research studies/citations)
- Tampa Bay School Gardening Network: <http://web3.cas.usf.edu/tbsg/benefitsofschoolgardening.aspx>
- Other studies/articles:
 - School Gardens as a Strategy for Increasing Fruit & Vegetable Consumption, <http://www.schoolnutrition.org/Content.aspx?id=14025>
 - Assessing a Garden-based Curriculum for Elementary Youth in Iowa: Parental Perceptions of Change, <http://horttech.ashspublications.org/content/18/1/18.abstract?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&searchid=1&FIRSTINDEX=10&minscore=5000&resourcetype=HWCIT>
 - Reconnecting Kids to Nature: The Benefits of School Gardens (excerpt from a book), <http://www.motherearthliving.com/gardening/reconnecting-kids-to-nature-benefits-of-school-gardens.aspx#axzz36ozC9LQZ>

Sample Garden Curricula

- Our Growing Place: <http://ourgrowingplace.us/>. Offers easy to follow lesson plans designed for 3rd-5th grade that teaches children how to grow, cook and enjoy healthy food. 6-month long program featuring 20 90-minute lessons. All can be customized or tweaked according to age group, learning environment and season.
- Spreadsheet filled with online lesson plans for preK-6th grades: https://spreadsheets.google.com/pub?key=0AgPrdG-ryF_GdDZzR3JMMFJmMkxhRGw2S0IEUTffZVE&hl=en&single=true&gid=0&output=html
- Online lesson plans and resources for middle and high school: https://docs.google.com/View?id=ddn2xqb8_261gpjc8sht&pli=1
- The Garden Project of Southwest Colorado: handouts, lesson plans, how-to's, <http://www.thegardenprojectswcolorado.org/school-resource-guidebook>
- John C. Stalker Institute of Food & Nutrition, Framingham State University, lessons for elementary, high school and middle school students; <http://johnstalkerinstitute.org/blog/jsi-resource-center/lessons-for-elementary-middle-and-high-schools/>

Organizations Supporting the Development of School Gardens

- LifeLab – “Changing the Nature of Education.” Educates the educators by providing training, workshops, conferences, sample curriculum, advocacy and more in support of school gardens. <http://www.lifelab.org/about/>. Lots of links to other resources on school gardens at <http://www.lifelab.org/for-educators/schoolgardens/>.
- Whole Planet Foundation (Whole Foods) and Food Corps. Offers a guide for how to justify a garden, get funding, build partnerships, prepare for, cultivate and harvest a school garden. Also provides regional grants for gardens. https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=3&cad=rja&uact=8&ved=0CDIQFjAC&url=https%3A%2F%2Fwww.wholekidsfoundation.org%2Fdownloads%2Fpdfs%2Ffoodcorps-wkf-school-garden-guide.pdf&ei=6hW7U5G0OYbvoASb4YCwDA&usg=AFQjCNEcRkVZlr-nC_K9gZOcVvcetGXibQ&sig2=itfOITQfRbp51exeAQH_Xw&bvm=bv.70138588,d.cGU
- Edible Schoolyard Project (Alice Waters and crew) – <https://edibleschoolyard.org/>
- California Department of Education’s “Garden in Every School” Program -- <http://www.cde.ca.gov/is/nu/he/garden.asp>
- Cornell University Extension’s Garden-based Learning Program – benefits of school gardening + recent research, how to get youth involved in gardening, garden-based learning philosophy, publications on how to establish a school garden. <http://blogs.cornell.edu/garden/grow-your-program/how-to-plan-and-organize-your-youth-gardening-program/>
- School Gardens Weekly – instructional materials, including videos and newsletters for how to establish school gardens, <http://schoolgardenweekly.com/>
- California School Gardens Network (Western Grower’s Foundation) – To create and sustain an edible garden in every CA (and AZ) school. Offers financial grants and awards, tips and tools, steps to building a garden, harvesting, and sustainability. <http://www.csgn.org/steps>
- National Gardening Association -- Mission: A Garden in Every School. Provides grants, newsletters, curriculum, gardening information and more to support school garden development. <http://assoc.garden.org/opportunities/>. Also features a separate site/sub organization devoted to sharing stories and tips for kids gardening, including fundraising ideas to start school gardens, adopt a school garden during summer months, <http://www.kidsgardening.org/school-gardening>.

Edmonds School District #15

Nutrition Assessment and Improvement Program Grant Report

- Bon Appetit (School Gardens & Food Service)–
http://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&ved=0CB8QFjAA&url=http%3A%2F%2Fcivil eats.com%2Fwp-content%2Fuploads%2F2009%2F09%2Fstudent_garden_guide_final_food_service.pdf&ei=4hK7U7jKF9fhoAS7r4GoCQ&usg=AFQjCNH9_NzplDaX7Mj776CW9w- jluuB1g&sig2=0LBfjGTIYd1LAeF18eCCqQ&bvm=bv.70138588,d.cGU
- Green our Planet -- Nevada-based organization supporting gardening in schools, especially low income schools. Provides how-to guides, financial support and builds gardens.
<http://www.greenourplanet.org/inert/schoolgardens/>
- Others: <http://greenschoolyardnetwork.org/>,
<http://www.thegardenprojectswcolorado.org/school-gardens>,
<http://urbansprouts.blogspot.com/>

Conferences & Events

- Farm to Table International Symposium (Aug 2-4, 2014, New Orleans), <http://f2t-int.com/>
- Minnesota Schoolyard Garden Coalition & UMN Extension host an annual conference on school gardens -- <http://www.arboretum.umn.edu/2014SchoolyardGardens.aspx>
- Oregon Dept of Education's School Garden Summit --
<http://www.ode.state.or.us/search/page/?id=4202>
- NJ Farm to School – School Garden Conference (2013).
<http://www.njfarmtoschool.org/news/past-events/2013-school-garden-conf/>
- UC Berkeley Botanical Garden – Summer Camps, K-12 educator training, annual school garden conferences. <http://botanicalgarden.berkeley.edu/education/k12.shtml>
- Chicago Botanic Garden's School Gardening Conference --
<http://chicagocommunitygardens.org/event/summer-professional-development-opportunity-for-educators/>
- Ohio Dept of Education's Annual School Gardening Conference --
<http://education.ohio.gov/Media/Ed-Connection/April-14-2014/School-Garden-Conference-Set-for-May-2>

Resources – Farm to School

National Farm to School Network

Washington State Farm to School program info

Farm to school toolkit

Oregon Ecotrust

USDA Farm to School resources

Resources – Marketing/Communications

National Food Service Management Institute

- Multiple resources for communication and branding

E: 14:15

2.25.15

Verdant Community Wellness Center Programming Summary – 2/25/2015

General Community and Provider Events	Attendance
• Verdant Community Wellness Center Ribbon Cutting	72
• Community Grand Opening	300
• Generational Health Care (Chuck Underwood)	35
• Allied Health Center of Excellence Deans and Directors Meeting	40
• Snohomish Health District Committee Meeting	10

Nutrition and Healthy Behaviors	Attendance
• Heart Health in Your Kitchen (Swedish)	14
• Getting to Goal Kickoff (Weight Management Program)	13
• Stop Diabetes Initiative Program Celebration*	32

Behavioral Health & Substance Use	Attendance
• Stress Management and Relaxation Training	31
• Anxiety and Depression Recovery (weekly sessions)*	8-10
• Building Family Strengths Parenting (weekly sessions)*	7-10
• Marijuana Parent Information Night	30
• Snohomish County Music Therapy (weekly sessions)*	2-6
• Grief and Loss Support Group (weekly sessions)	10

Other Programs	Attendance
• Play and Learn group, Wonderland Development Center (2X / month)*	15-29

Programs Completed to Date (* = Grant Funded Partner)

Upcoming Programs

General Community and Provider Events

- Behavioral Health Provider Networking Event (March 6)*
- Serving our Sisters Health Expo, includes mobile medical & dental services (March 14)*
- Domestic Violence Awareness for HR Professionals (April 21)*

Nutrition and Healthy Behaviors

- Lifestyle Change Check-Ins (drop-in support 2x/month, starts March 3)
- Change for Life: Moving Towards Better Health (March 4 & 11)
- Couch to 8 K – 8 week supervised training program and workshop series to prepare for May 17 Beat the Bridge Walk/Run (starts March 17)
- Bite into a Healthy Lifestyle (Swedish - March 31)
- Simple Cooking with Heart (AHA - April 15)
- Eating on a Budget Series (April-May)
- Healthy Mind Healthy Body – Stroke Prevention (AHA – May 28)
- Chronic Kidney Disease Prevention Program (starts March 25)*
- Cornerstone Medical Services: hosting Korean language workshops about Medicare, nutrition, stomach cancer prevention and physical activity and fall prevention (starts March 10)*
- Stop Diabetes Community Dinner and Workshop Series (starts March 15)*
- Senior Services of Snohomish County: Men's Cooking Classes; Powerful Tools for Caregivers series; Chronic Disease Self-Management leader trainings (starts March 5)*

Behavioral Health & Substance Use Focus

- Parent of Teens Using Drugs or Alcohol Support Group (8 week group starts March 16)*
- Managing Stress with Focused Relaxation Skills (March 19, 24 and April 2)
- Reflective Parenting (starting April 21 for 8 weeks)*
- E-Cigarettes and Vaping – Parent Info Night (May 6)*
- Stress Management and Relaxation Training (May 12)
- Grief and Loss Support (starting April 30 for 8 weeks)*
- Swedish Edmonds Bereavement Program (ongoing)

Other Programs

- Specialty Root Canal Clinic using MTI Dental Van at VCWC (March 7)*
- Lynnwood Senior Center Board Orientation (March 25)
- Edmonds City Council Retreat (March 9)

Programs Completed to Date (* = Grant Funded Partner)

February 2015 Marketing Report

Media Relations

Several news articles have run over the past month about Verdant Health Commission

- Two letters to the editor regarding how Verdant's funding is structured & two Verdant responses
- Three articles about the "What if My Teen Smokes Marijuana" Class at the Verdant Community Wellness Center
- Puget Sound Business Journal included George's promotion to Asst. Superintendent in People on the Move

Website

Several updates to the website have occurred

- To showcase Verdant's own programs more, the featured section has been enlarged. Now 3 Verdant classes can be shown at a time.
- On the calendar, Verdant classes are now green and community events are beige
- Our social media policy is now under terms of use
- Working with all the cities in the district to have information about Verdant & links to our website

Events

- Verdant will have a marketing table at the Clothes for Kids Breakfast on March 12th