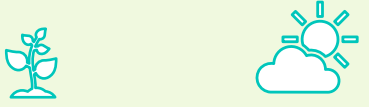


ILS Monthly

"We believe in strengthening our communities by empowering youth and families to create their own success."
We acknowledge the ancestors past, present and future, of the Coast Salish peoples, specifically the Nisqually, Cowlitz and Squaxin Island nations, who are the original and rightful stewards of the land where we live and work.



Spring is in full Swing!

Warmer weather is right around the corner as we quickly approach summer. Looking for great options to spend time outdoors, buy fresh produce from local farmers, and save money? Look no further! This month we are covering local Farmer's Markets and the benefits that are offered through the Farmer's Market Coalition!

For those accessing our Newsletter on smart phones or computers, clicking the names of each resource will take you to their website!

Resources to Check Out:

- [Thurston Co. Food Bank](#) | 360-352-8597
- [Gather Church](#) | 360-827-0264
- [Lewis County Food Bank Coalition](#) | 360-330-1519
- [Saint's Pantry](#) | 360-427-8847
- [The Youth Connection](#) | 360-462-0125 | receptionist@youthconnectionwa.org
- [Crisis Clinic](#) | 360-586-2800
- Salvation Army:
- [Olympia](#) | 360-705-2850
- [Centralia](#) | 360-736-4439

SNAP Market Match

Did you know you can use EBT at the farmer's market? Eligible items include fruit, vegetables, baked goods, seeds, meat, jams & jellies, bread, fish, vegetable starts, syrup and honey, dairy, and poultry. Visit the markets information booth and ask to swipe your EBT card.

Participating farmer's markets will also match the amount participants spend on fresh fruit, vegetables, herbs, and seeds or vegetable plants.

Participating Farmers Markets

Centralia Farmers Market	Community Farmers Market at Chehalis	Morton Farmers Market
Toledo Farmers Market	Shelton Farmers Market	Olympia Farmers Market
Tenino Farmers Market	Tumwater Town Center Farmers Market	Yelm Farmers Market

WIC Farmer Market Nutrition Program

This program provides vouchers for low-income pregnant women and women with young children to purchase fresh food at farmers markets. Participants can receive vouchers from their WIC clinic and spend them at participating Farmers markets! Vouchers can be used to purchase fresh fruit, vegetables, and herbs.



- Dates to Remember:**
- May 1st – Mason County Drop-In**
Hours 12pm-4pm
601 W Franklin St. Shelton, WA 98584
 - May 8th – Lewis County Drop-In**
Hours 12pm-4pm
414 N Tower Ave Centralia, WA 98531
 - May 17th – Thurston County Drop-In**
Hours 12pm-4pm
711 NE State Ave Olympia, WA 98506
 - May 23rd - Mockingbird Olympia Chapter Meeting 3:30pm-5:30pm**
Open to all in the Peninsula Region
Ask How to Attend Virtually!
 - May 23rd and 24th – ILS Office Closed**
Our team will be at a conference
Please only reach out with urgent needs

Contact us!

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