



CHELAN-DOUGLAS  
HEALTH DISTRICT

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# Community Health Assessment

## NUTRITION

# 2026

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# COMMUNITY PROFILE

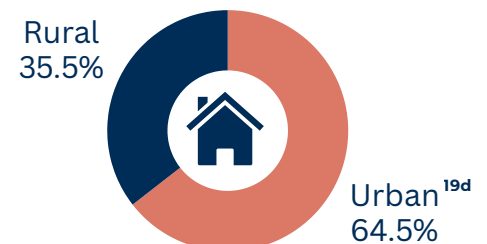


To put **nutrition** findings into context, it's important to consider the residents in Chelan and Douglas Counties.

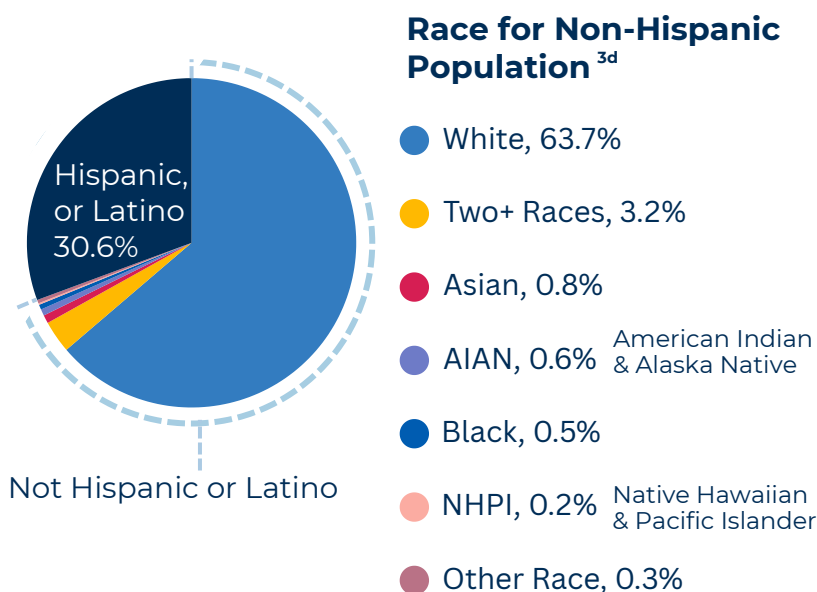
 Chelan and Douglas Counties encompass **7.1%** of the land in the state yet only contain **1.6%** of the total population.<sup>1d,2d</sup>

| Indicators                                                                      | Chelan       | Douglas      | WA State     |
|---------------------------------------------------------------------------------|--------------|--------------|--------------|
| <b>Population</b> <sup>3d</sup>                                                 | 79,518       | 43,733       | 7,740,984    |
| <b>Median Age</b> <sup>6d,7d</sup><br>White, not Hispanic<br>Hispanic or Latino | 49.1<br>25.0 | 47.9<br>25.1 | 43.3<br>25.8 |
| <b>Annual Household Income, Median</b> <sup>13d</sup>                           | 77K          | 72K          | 98K          |
| <b>Low-Income Population</b><br>(<200% of Federal Poverty Level) <sup>17d</sup> | 29%          | 27%          | 23%          |
| <b>No High School Diploma</b><br>(Adults 25+) <sup>23d</sup>                    | 15%          | 18%          | 8%           |

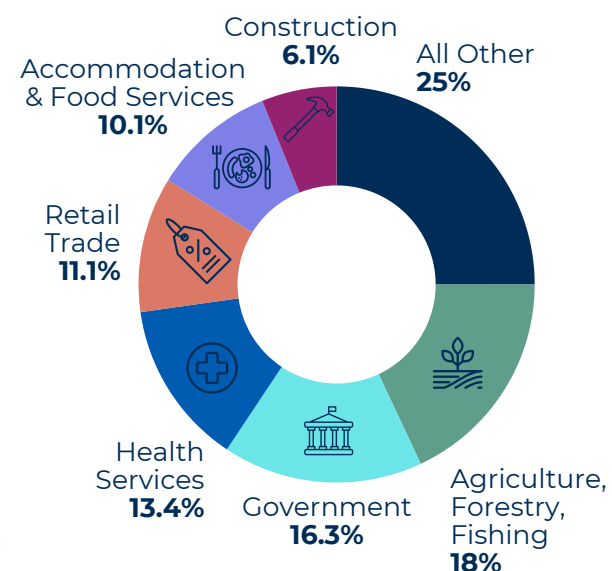
  
Nearly **one in five** people are disabled in our region<sup>10d</sup>



 **Spanish is spoken** at home **2X to 3X** more here compared to the state average.<sup>9d</sup>



## Top Industries<sup>12d</sup>



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# A CLOSER LOOK AT NUTRITION



This chapter takes a closer look at dietary patterns, food access, food affordability, and the local food system to better understand how nutrition affects our community's health.

Nutrition plays an important role in our health across our lifespans. Eating enough nutritious food supports healthy growth and development and helps **lower the risk of chronic conditions** such as obesity, diabetes, and heart disease.

In Chelan and Douglas counties, our ability to eat well is impacted by food cost, availability, transportation, and access to nutrition programs such as the Supplemental Nutrition Assistance Program (**SNAP**) and Women, Infants, and Children (**WIC**).

Local data shows that many residents do not meet recommended dietary guidelines, food prices have increased over time, and some households struggle to afford healthy food. Additionally, data shows that local agriculture and nutrition assistance programs remain important assets that support food access and region.

## KEY FINDINGS



### Diet

Local adults and youth consume fewer fruits and vegetables than recommended. Only **25%** of local adults report eating any vegetables daily.



### Local Food

The region produces a wide variety of agricultural products. In 2022, there were **667** tree fruit and nut farms and **\$441 million** in sales.



### Access

An estimated 55% of people in Douglas County have low access to full-service grocery stores, compared to 18% in Chelan County.



### Cost

Food prices, especially **eggs** and **ground beef**, have increased over time, affecting household food budgets.



### Assistance

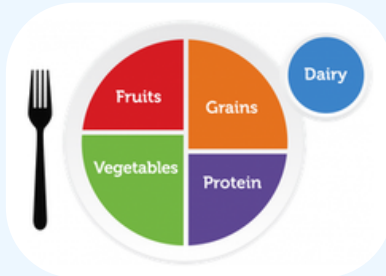
Programs such as WIC, SNAP, school meals and food pantries support local residents.

# DIETARY GUIDELINES

Healthy eating supports physical and mental well-being. Diets that include fruits, vegetables, whole grains, lean proteins, and dairy—and that limit sugary drinks, fast food, and excess sodium—are linked to lower risk of chronic conditions such as heart disease and diabetes.

2020-2025 GUIDELINES

## MYPLATE



See the latest dietary guidelines customized to you at [realfood.gov](https://realfood.gov)

The Dietary Guidelines for Americans provide evidence-based recommendations for healthy eating across the lifespan and are used to guide federal nutrition programs, including WIC and school meal programs. These guidelines serve as a benchmark for comparing national recommendations with local dietary patterns.

## KEY DIETARY RECOMMENDATIONS

BASED ON 2,000 CALORIE MYPLATE PLAN (2020-2025) <sup>1</sup>



Vary your veggies.



Make half your grains whole grains.



Move to low-fat or fat-free dairy milk or yogurt.



Focus on whole fruits.



Vary your protein routine with beans, fish, poultry and nuts.

### CHOOSE WISELY

Pick foods and drinks with less sugar, saturated fat and sodium.

**For updated and personalized serving information, go to [realfood.gov](https://realfood.gov)**

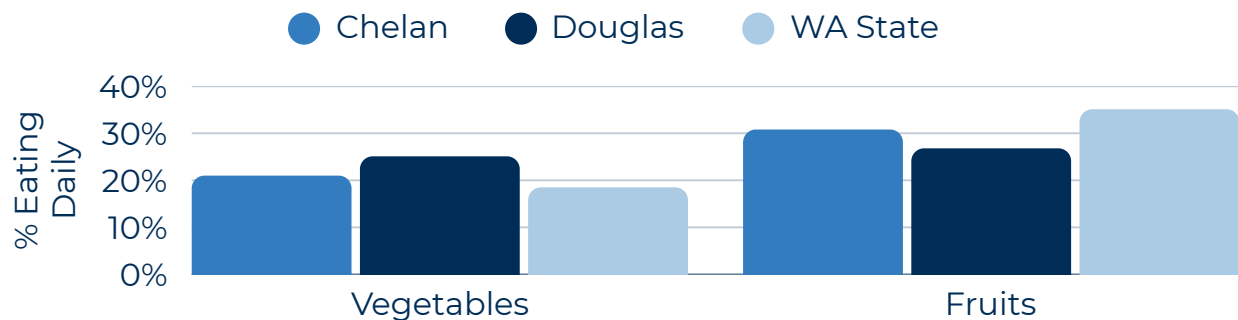
# DIETARY BEHAVIORS: ADULTS

Fruits and vegetables play a critical role in our health. Locally, **few adults** are eating them daily, let alone meeting USDA guidelines, and many are consuming **fast food and sugar**.



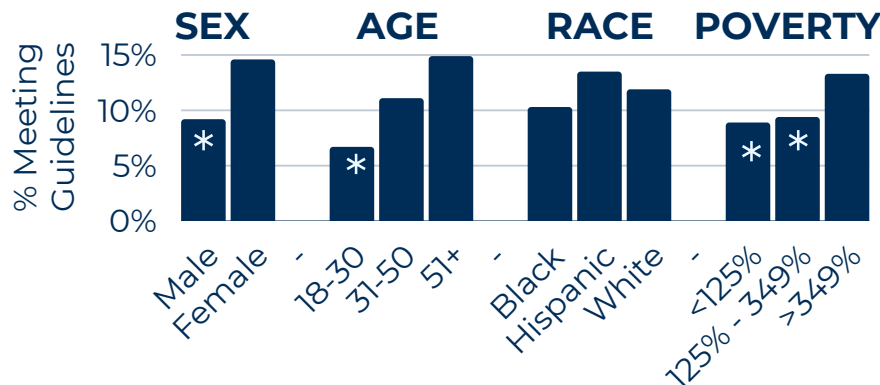
## ANY DAILY FRUIT AND VEGETABLE CONSUMPTION

PERCENT OF WASHINGTON ADULT SURVEY RESPONDENTS THAT REPORTED CONSUMING FRUITS OR VEGETABLES AT LEAST ONCE PER DAY, 2017-2021 <sup>2</sup>



## ADULTS MEETING RECOMMENDED DAILY VEGETABLE CONSUMPTION

PERCENT OF WASHINGTON ADULTS MEETING THE USDA'S DAILY INTAKE RECOMMENDATIONS BY SEX, AGE, RACE AND POVERTY LEVEL, \*DENOTES THAT GROUP HAS SIGNIFICANTLY LOWER INTAKE, 2019 <sup>3</sup>



On average, **11.9%** of Washington adults are meeting their daily vegetable intake. Those with significantly lower intake?



- **males**
- **adults 18 to 30**
- **lower income households**

## FAST FOOD & SUGAR-SWEETENED DRINKS

**32.0%**

of U.S. adults age 20 and older consume fast food on a given day. <sup>4</sup>

**20.6%**

of U.S. adults get a quarter or more of their daily calories from fast food. <sup>4</sup>

**4.9**

THE AVERAGE NUMBER of sugar-sweetened beverages consumed each week by U.S. adults. <sup>5</sup>

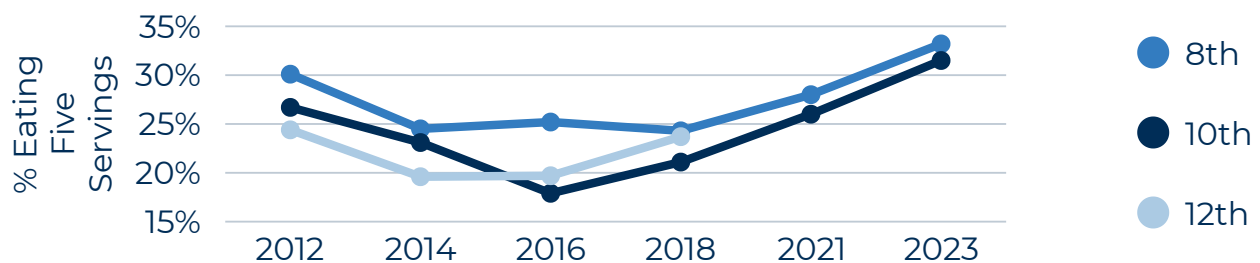


# DIETARY BEHAVIORS: CHILDREN

Like adults, **few children** are meeting **dietary guidelines**. Many report eating fast food and sugar-sweetened beverages or regularly missing breakfast.

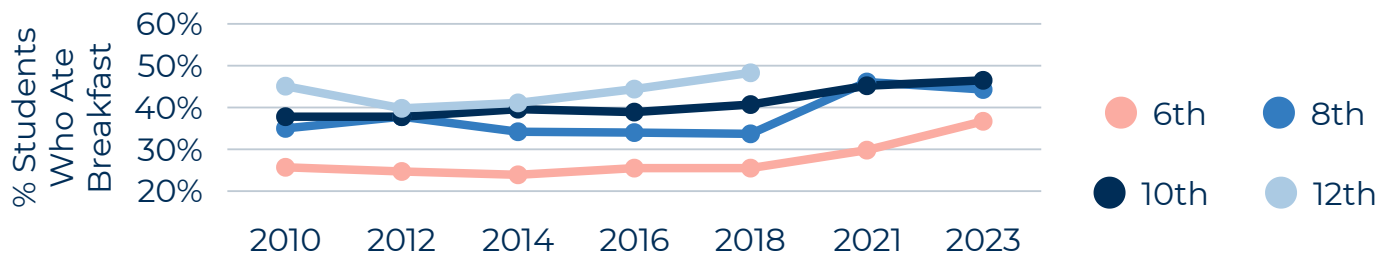
## FRUITS AND VEGETABLE CONSUMPTION BY STUDENTS IN CHELAN COUNTY

PERCENT OF CHELAN COUNTY SURVEY RESPONDENTS THAT REPORTED EATING FIVE SERVINGS OF FRUITS AND VEGETABLES DAILY, 2012-2023 <sup>6</sup>



## DID YOU EAT BREAKFAST TODAY?

PERCENT OF CHELAN COUNTY SURVEY RESPONDENTS THAT REPORTED EATING BREAKFAST THE DAY OF THE SURVEY, 2012-2023 <sup>6</sup>



## FAST FOOD & SUGAR-SWEETENED DRINKS



- 30.1%** of U.S. youth ages 2 to 19 consumed fast food on any given day.<sup>7</sup>
- 11.4%** of U.S. youth's daily calories were from fast food, on average.<sup>7</sup>
- 89.1%** of local 10th graders had 1+ sugar-sweetened drinks in 7 days, **6.4% had 4+ every day.**<sup>8</sup>
- 46.9%** of Washington State children aged 1 to 5 had 1+ sugar-sweetened drinks per week in 2023, **12.3% had 4+ weekly.**<sup>9</sup>

# LOCAL FOOD SYSTEM

Locally grown food plays an important role in access to nutritious food. Washington State is the **top U.S. producer of apples, pears and sweet cherries**. Our two-county region is a major contributor.<sup>10</sup>

As of 2022, there were **1330 farms** in our area, covering **843** thousand acres. Of all locally grown foods, fruits and tree nuts, including apples, pears and cherries, had the largest market share; **667 orchards** generated **\$440 million** in sales.”

## FARMS IN CHELAN-DOUGLAS AND TOTAL SALES

NUMBER OF FARMS AND TOTAL OF ALL SALES (IF AVAILABLE) BY FARM TYPE, 2022 <sup>11</sup>

|                | Fruits & Tree Nuts<br> | Grains, Oilseeds, Dry Beans & Peas<br> | Berries<br> | Vegetables, Melons, Potatoes<br> | Cattle & Calves<br> |
|----------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| CHELAN COUNTY  | 503 farms<br>\$260M                                                                                     | 1 farm                                                                                                                  | 31 farms<br>\$867K                                                                           | 21 farms<br>\$475K                                                                                                  | 14 farms<br>\$126K                                                                                     |
| DOUGLAS COUNTY | 164 farms<br>\$180M                                                                                     | 29 farms<br>\$4.3M                                                                                                      | 6 farms<br>\$96K                                                                             | 1 farm                                                                                                              | 59 farms<br>\$9.9M                                                                                     |

## FARM-FRESH PRODUCE USING WIC BENEFITS

WIC-AUTHORIZED MARKETS AND FARM STANDS IN CHELAN COUNTY, 2025 <sup>12,13</sup>  
(NONE IN DOUGLAS COUNTY)

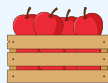
FARMERS  
MARKETS

3



FARM  
STANDS

3



## NOT ALL LOCALLY GROWN FOOD STAYS LOCAL

Most of the state’s apple crop is exported to other states. Washington growers produce **6 out of every 10 apples** consumed in the U.S.<sup>14</sup>

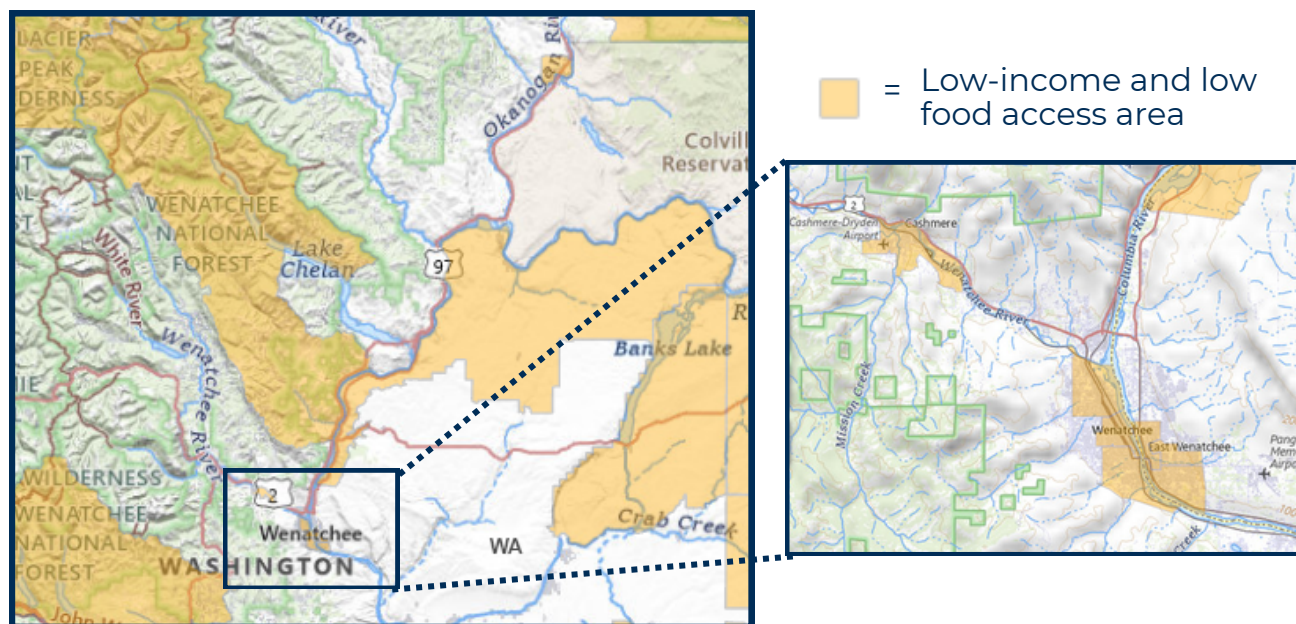
**30%** of Washington **apples** (and 25% of fresh cherries) are exported internationally. The top markets? Mexico, Canada, Taiwan and South Korea.<sup>15</sup>

# FOOD ACCESS

Food access refers to **how easily people can get healthy, culturally relevant and affordable food**. Barriers to food access can be mapped by location, including by distance to a grocery store and income level.

## LOW INCOME AND LOW FOOD ACCESS AREAS IN CHELAN AND DOUGLAS COUNTIES

CENSUS TRACTS WITH LOW INCOME AND LOW FOOD ACCESS\*, 2019 <sup>16</sup>



**\*Low Income** = Tracts with a poverty rate of 20% or higher, or tracts with a median family income less than 80% of median family income for the state or metropolitan area.

**\*Low Access** = Tracts in which at least 500 people or 33% of the population lives farther than 1/2 mile (urban) or 10 miles (rural) from the nearest supermarket.

## PEOPLE IMPACTED BY LOW FOOD ACCESS

ESTIMATED PERCENTAGES AND COUNTS OF POPULATION OR HOUSEHOLDS IMPACTED BY LOW ACCESS TO A SUPERMARKET, 2019 <sup>17</sup>

|                       | Low Access to Supermarket     | Low Access to Supermarket + Low-Income | Low Access to Supermarket + No Car | Low Access to Supermarket + SNAP Participant |
|-----------------------|-------------------------------|----------------------------------------|------------------------------------|----------------------------------------------|
| <b>CHELAN COUNTY</b>  | <b>18.1%</b><br>13,085 people | <b>4.6%</b><br>3,330 people            | <b>1.4%</b><br>401 households      | <b>3.1%</b><br>862 households                |
| <b>DOUGLAS COUNTY</b> | <b>55.5%</b><br>21,311 people | <b>14.9%</b><br>5,737 people           | <b>2.4%</b><br>339 households      | <b>6.8%</b><br>949 households                |

# FOOD ACCESS (CONTINUED)

Our region has a variety of food stores, however not all are equally **healthy, affordable** or **accessible**. In 2022, 40% of WIC-eligible families in the U.S. lacked convenient access to an authorized store.<sup>18</sup>

## COUNT OF LOCAL FOOD STORES BY TYPE

USDA COUNTS AND COUNT PER 1,000 POPULATION BY OUTLET TYPE (2020), AUTHORIZED SNAP RETAILERS (2023) AND AUTHORIZED WIC RETAILERS (2022)<sup>19</sup>

|                | Grocery Stores<br> | Supercenters & Club Stores<br> | Convenience Stores<br> | Specialty & Dollar Stores                | Authorized Stores (any type)<br>  |           |
|----------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| CHELAN COUNTY  | <b>20</b><br>(0.26 per 1,000 population)                                                            | <b>3</b><br>(0.04 per 1,000 population)                                                                         | <b>32</b><br>(0.41 per 1,000 population)                                                                | <b>25</b><br>(0.32 per 1,000 population) | <b>67</b>                                                                                                                                                                                               | <b>15</b> |
| DOUGLAS COUNTY | <b>9</b><br>(0.21 / 1,000 population)                                                               | <b>3</b><br>(0.07 / 1,000 population)                                                                           | <b>8</b><br>(0.18 per 1,000 population)                                                                 | <b>3</b><br>(0.07 / 1,000 population)    | <b>27</b>                                                                                                                                                                                               | <b>5</b>  |

Many families rely on school lunches and other prepared foods. The **Chelan-Douglas Health District** plays a critical role ensuring food establishments, such as schools, hospitals and restaurants, are safely storing, preparing and serving food.

## RESTAURANT PERMITS BY CATEGORY

TOTAL NUMBER OF PERMITS, CHELAN-DOUGLAS HEALTH DISTRICT, 2026<sup>20</sup>

|                | Institutional Food Service<br>(e.g. schools, health care & correctional facilities) | Fast Food<br>(e.g. counter or drive-through service) | Full-Service Restaurants<br>(e.g. seated service, casual, family and fine dining) | Retail Food Stores<br>(e.g. grocery stores & convenience stores) | Other<br>(e.g. meat and seafood markets, food trucks & trailers) |
|----------------|-------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|
| CHELAN COUNTY  | <b>50</b>                                                                           | <b>224</b>                                           | <b>167</b>                                                                        | <b>168</b>                                                       | <b>91</b>                                                        |
| DOUGLAS COUNTY | <b>19</b>                                                                           | <b>51</b>                                            | <b>51</b>                                                                         | <b>26</b>                                                        | <b>29</b>                                                        |

# FOOD AFFORDABILITY

Food affordability refers to having the resources to buy healthy and nutritious food. Structural barriers to affordability include stagnant wages, rising food prices, and limited access to healthy options, especially in rural and marginalized communities. Average food prices have risen over time, especially for proteins such as **beef** and **eggs**. Combined, these barriers can make it hard for families to afford enough healthy food.

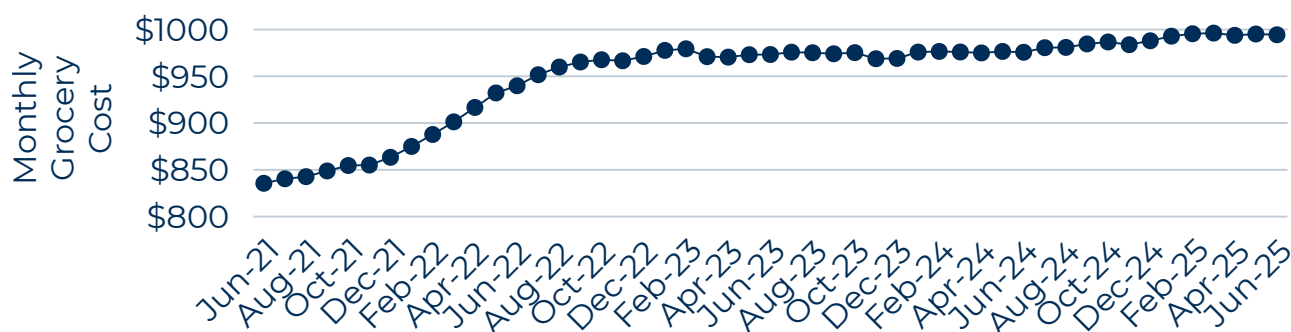
## AVERAGE FOOD PRICE IN THE U.S.

BY ITEM AND BY POUND (PRODUCE/MEAT), QUART AND DOZEN, SEPTEMBER PRICE IN 2005-2025 <sup>21</sup>

|      |  |  |  |  |  |  |
|------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 2005 | \$0.49                                                                            | \$1.43                                                                            | \$3.13                                                                            | <b>\$1.28</b>                                                                      | \$1.06                                                                              | <b>\$2.54</b>                                                                       |
| 2015 | \$0.58                                                                            | \$1.78                                                                            | \$3.39                                                                            | <b>\$2.97</b>                                                                      | \$1.42                                                                              | <b>\$4.20</b>                                                                       |
| 2025 | \$0.67                                                                            | \$1.91                                                                            | \$4.13                                                                            | <b>\$3.49</b>                                                                      | \$2.06                                                                              | <b>\$6.33</b>                                                                       |

## MINIMUM GROCERY COSTS – FAMILY OF FOUR

FOR U.S. FAMILY FOLLOWING THE USDA THRIFTY FOOD PLAN (2 PARENTS, 2 CHILDREN AGE 6-8 AND 9-11), COSTS BASED ON CONSUMER PRICE INDEX <sup>22</sup>



**What is the Thrifty Food Plan?** A USDA-developed plan to help people and families eat a healthy, low-cost diet. It follows the MyPlate nutrition guidelines and balances getting the right nutrients while staying within a budget. The plan defines the maximum food benefit for the Supplemental Nutrition Assistance Program (SNAP).<sup>23</sup>

# FOOD INSECURITY

Many households struggle with **food insecurity**, which means they do not have ample and consistent access to healthy food and may not know when their next meal will come.

In 2023, food insecurity impacted about **14%** of the local population, including **18%** of children, and **26%** of Hispanic or Latino people. A third of those impacted by food insecurity, or approximately **5,400** residents, earned too much to be eligible for SNAP benefits.<sup>24</sup>

## FOOD INSECURE POPULATION

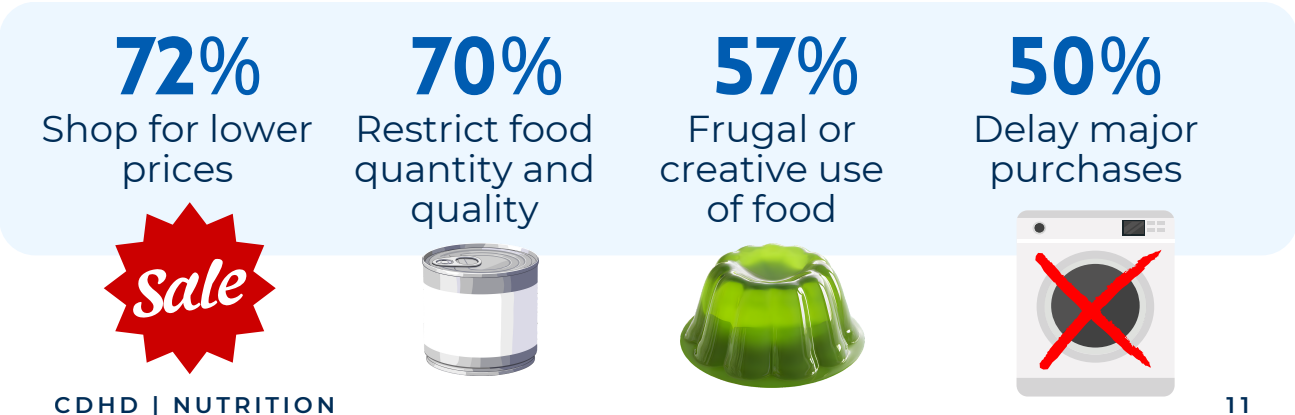
BY PERCENT OF TOTAL POPULATION OR SUB-POPULATION, 2023 <sup>25</sup>

| Location       | Total Population | Children | White, non-Hispanic | Latino |
|----------------|------------------|----------|---------------------|--------|
| Chelan County  | 14.2%            | 18.3%    | 11%                 | 26%    |
| Douglas County | 13.5%            | 17.3%    | 10%                 | 25%    |
| WA State       | 13.2%            | 17.1%    | 11%                 | 24%    |

**17,180** residents in Chelan and Douglas counties were estimated to be **food insecure** in 2023, including **5,220 children**.<sup>24</sup>

## WHEN FOOD PRICES RISE, HOW DO FOOD INSECURE HOUSEHOLDS COPE?

BY PERCENT OF RESPONDENTS FROM FOOD INSECURE HOUSEHOLDS IN WASHINGTON, 2025 <sup>25</sup>

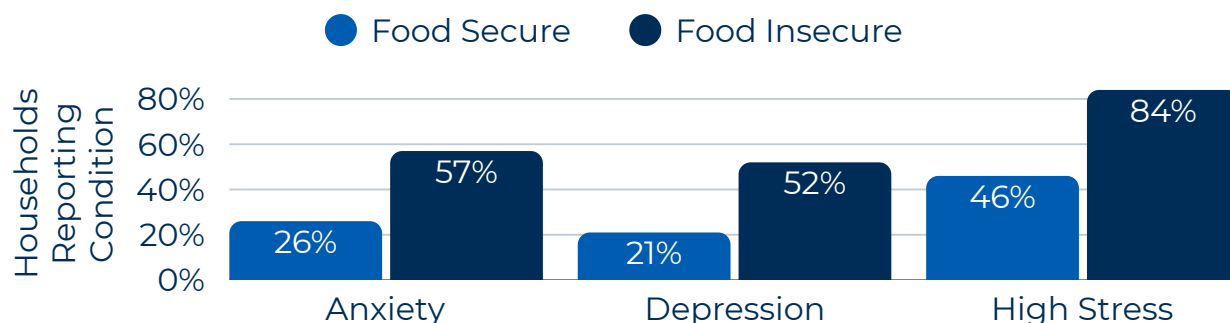


# FOOD INSECURITY (CONTINUED)

Adults who experience food insecurity are more likely to report anxiety, depression, and stress. Among food insecure 10<sup>th</sup> graders in Chelan County, **74%** reported feeling nervous, anxious or on-edge.<sup>25,26</sup>

## ANXIETY, DEPRESSION AND STRESS BY FOOD SECURITY STATUS

AS PERCENT OF WAFOOD5 SURVEY RESPONDENTS FROM FOOD SECURE AND INSECURE HOUSEHOLDS, 2024<sup>25</sup>



In Chelan County, **11%** of 10<sup>th</sup> graders surveyed said they or their family cut meal sizes or skipped meals for at least 1 month this year because there wasn't enough money for food.<sup>26</sup>

## FOOD INSECURITY IN 10<sup>TH</sup> GRADERS

PERCENT OF ALL 10<sup>TH</sup> GRADERS SURVEYED IN CHELAN COUNTY (DATA FOR DOUGLAS COUNTY SUPPRESSED DUE TO LOW RESPONSE RATES), 2023<sup>26</sup>

### FOR 10<sup>TH</sup> GRADERS EXPERIENCING FOOD INSECURITY:

**74.0%**

**FELT NERVOUS,  
ANXIOUS OR ON  
EDGE**

*(compared to 50.6% for  
the food secure)*

**64.5%**

**REPORTED  
HAVING 4+  
ACES**

*(compared to 9.8% for  
the food secure)*

**60.0%**

**LACKED PRO-  
SOCIAL FAMILY  
OPPORTUNITIES**

*(compared to 31.8% for  
the food secure)*

Food insecure students were **more likely** to report having 4+ adverse childhood experiences (ACES) such as abuse, neglect, or family dysfunction and were **less likely** to have pro-social family opportunities, or activities that build positive relationships within a family.<sup>26</sup>

# FOOD INSECURITY (CONTINUED)

Food access and food security are related but distinct concepts. Older adults face elevated risk on both dimensions —

**fixed incomes** may not keep pace with rising costs, while **physical or cognitive limitations** can make shopping, transportation and eating difficult.

Even when eligible for nutrition support programs like SNAP or Meals on Wheels, older adults may face enrollment barriers, limited digital literacy, or social stigma that prevent participation.



Encouragingly, grocery delivery services, online ordering, and the reopening of congregate meal programs post COVID-19 have expanded options for older adults — reducing transportation barriers and addressing social isolation alongside meeting nutritional needs.

## SENIORS AND FOOD SECURITY

TOTAL SENIORS EXPERIENCING FOOD INSECURITY IN WASHINGTON, 2025 <sup>27</sup>

**240,754** Washington seniors are **marginally food secure** - experiencing limited or uncertain access to food (14.0%)

**94,063** are **low food secure** - experiencing reduced quality, variety or desirability of diet (5.5%)

**78,202** are **very low food secure** - experiencing reduced food intake (4.5%)

**11.3%** of senior households receive the Supplemental Nutrition Assistance Program (SNAP)

# COMMUNITY NUTRITION SUPPORT

## FOOD BANKS & PANTRIES

Food banks and pantries are an essential lifeline for people facing food insecurity in Chelan and Douglas counties, offering **no-cost access** to healthy food. The Chelan-Douglas Community Action Council (CDCAC) operates as the regional food bank, supplying 15 pantry and mobile pantry sites.<sup>28</sup>

FAMILIES  
SERVED IN 2025

28,500



# VISITS  
PER MONTH

12,667



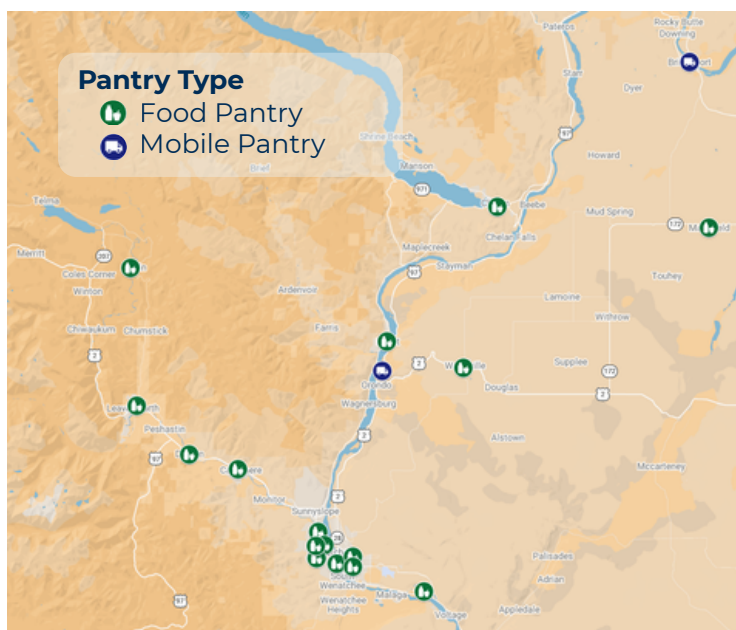
2 MILLION  
POUNDS  
OF FOOD  
DISTRIBUTED



28

## FOOD PANTRY SITES

SITES LISTED BY CDCAC AND THE AGING & ADULT CARE OF CENTRAL WASHINGTON (AACCW) 2025 FOOD GUIDE <sup>29,30</sup>



|              |                                          |
|--------------|------------------------------------------|
| Bridgeport   | CDCAC Mobile Pantry                      |
| Cashmere     | Cashmere Food Pantry                     |
| Chelan       | Lake Chelan Food Bank                    |
| Dryden       | Dryden Community Church                  |
| E. Wenatchee | New Song Community Church                |
|              | Serve Wenatchee Fresh Hope Market        |
| Entiat       | Entiat Valley Community Services         |
| Leavenworth  | Community Cupboard                       |
| Mansfield    | Mansfield Food Pantry                    |
| Orondo       | CDCAC Mobile Pantry                      |
| Plain        | The Plain Pantry                         |
| Rock Island  | Rock Island Food Pantry                  |
| Waterville   | Waterville Food Pantry                   |
| Wenatchee    | CDCAC Community Market                   |
|              | Knights Cupboard (enrolled WVC students) |
|              | SAGE                                     |
|              | Salvation Army                           |
|              | St. Vincent de Paul                      |

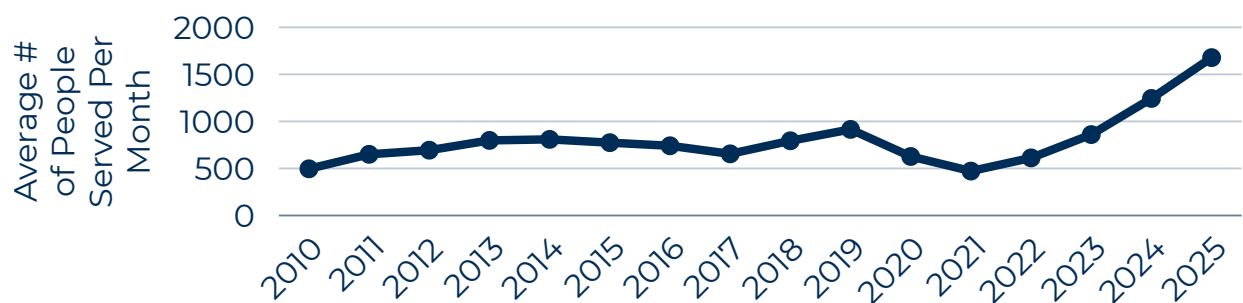
# COMMUNITY NUTRITION SUPPORT

## FOOD BANKS & PANTRIES

One pantry site in our region, the Community Cupboard in Leavenworth, reports that demand has risen over time. In 2025, they served an average of **1,678 people** per month. About 45% of those served were from 1-person households, while 35% were from households of 3 or more. The pantry is a key food source for the region; **61% of those served live outside of the upper valley.**<sup>31</sup>

### PEOPLE SERVED AT UPPER VALLEY MEND'S COMMUNITY CUPBOARD

AVERAGE NUMBER OF PEOPLE SERVED PER MONTH AT UPPER VALLEY MEND FOOD PANTRY IN LEAVENWORTH, 2010-2025<sup>31</sup>



Food pantries, including those associated with the food bank, use a wide range of resources to serve their community, such as donations, grants, grocery rescue, home and community gardens and gleaning.

#### What is gleaning?

Many food pantries collect excess or leftover crops from farms after harvest. Gleaning reduces food waste and helps feed families by providing fresh local produce.



Credit: Upper Valley Mend

#### Food Gleaned in 2025

UPPER VALLEY MEND<sup>31</sup>

# 43,169 POUNDS



# COMMUNITY NUTRITION SUPPORT

## SCHOOL LUNCH PROGRAM

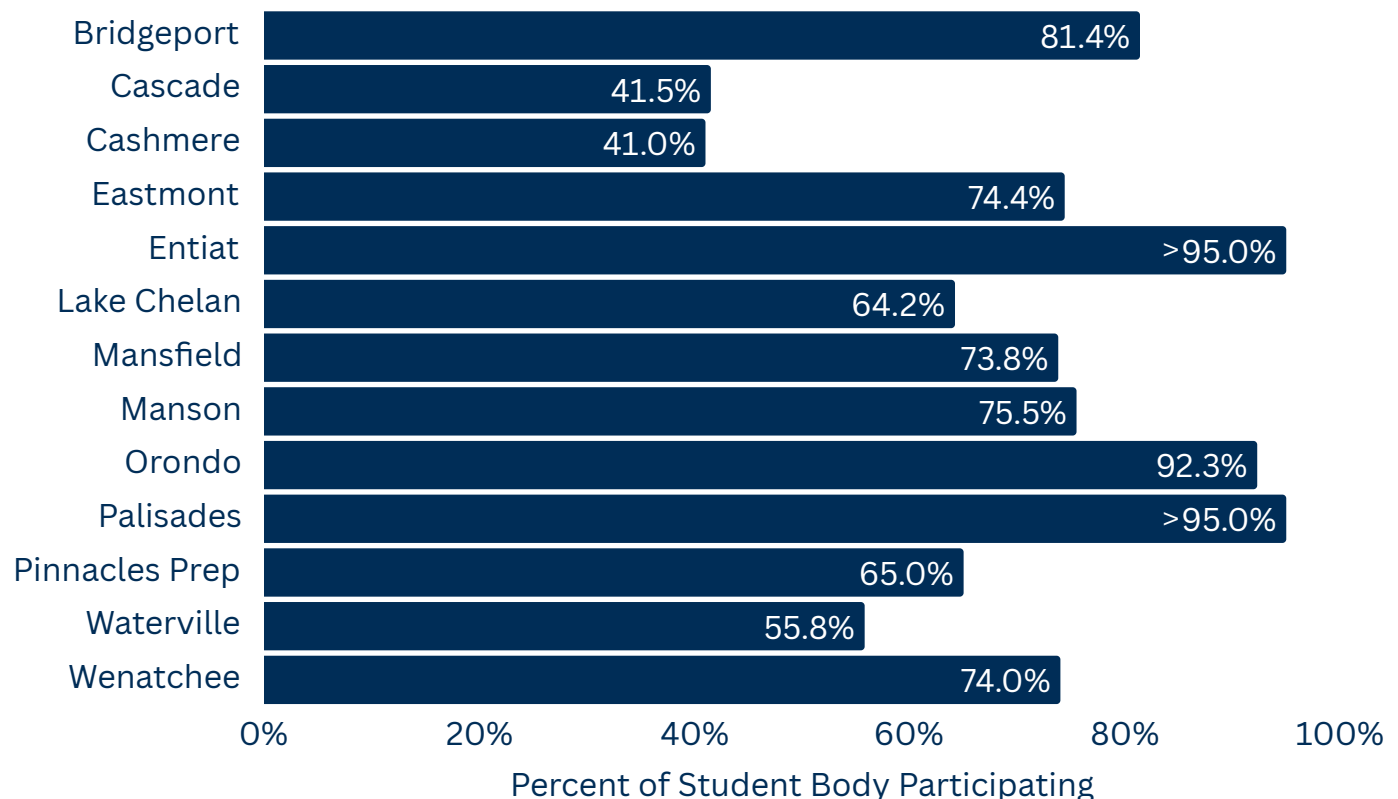
The National School Lunch Program helps ensure children from low and moderate-income families have access to healthy meals at school. Students qualify for free lunches if their family income is at or below 130% of the federal poverty level (or at or below 185% for reduced price) or if their school offers free lunch for all students.



**Participation rates in Chelan and Douglas counties vary widely, from 41% to over 95%.** These rates show how important school meals are for meeting nutritional needs for local children.<sup>32</sup>

## PERCENT OF STUDENT BODY RECEIVING FREE OR REDUCED PRICE LUNCHES

PERCENT OF TOTAL STUDENT BODY THAT IS ELIGIBLE AND PARTICIPATING IN THE LUNCH PROGRAM BY SCHOOL DISTRICT AND CHARTER SCHOOL, 2025<sup>32</sup>



# COMMUNITY NUTRITION SUPPORT

## WIC PROGRAM

WIC is a supplemental nutrition program for women, infants and children from pregnancy until a child turns five. In 2022, only **52.9%** of eligible Washington State residents participated. Nationally, **participation rates** for various eligible groups included: <sup>33</sup>

| Children   | Pregnant Women | White, Non-Hispanic | Medicaid Participants | SNAP Participants | Non-Metro Areas |
|------------|----------------|---------------------|-----------------------|-------------------|-----------------|
| <b>46%</b> | <b>46%</b>     | <b>46%</b>          | <b>39%</b>            | <b>47%</b>        | <b>19%</b>      |

## WIC PARTICIPATION & DOLLARS REDEEMED

BASED ON LOCATION OF RESIDENCE, FEDERAL FISCAL YEAR 2025 <sup>34</sup>

### PARTICIPANTS

| Location                                                      | Total   | Infants & Children | Women  | WIC Food Dollars Redeemed |
|---------------------------------------------------------------|---------|--------------------|--------|---------------------------|
| Chelan County                                                 | 4,388   | 3,078              | 1,310  | \$2,474,180               |
| Douglas County                                                | 1,071   | 803                | 268    | \$633,844                 |
| <i>Chelan &amp; Douglas Participants Served by CDHD Staff</i> | 925     | 693                | 232    | \$544,067                 |
| WA State                                                      | 212,634 | 153,432            | 59,202 | \$122,761,278             |

## BENEFITS REDEEMED AT FARMERS MARKETS

INCLUDES FRUIT AND VEGETABLE CASH VALUE BENEFITS REDEEMED BY GROWER'S COUNTY LOCATION, FEDERAL FISCAL YEAR 2025 <sup>35</sup>

CHELAN & DOUGLAS

**\$18,531**

WA STATE

**\$583,442**



# COMMUNITY NUTRITION SUPPORT

## SNAP PROGRAM

SNAP is a supplemental nutrition program that provides monthly food benefits to low-income households. In March 2025, **14,097** Chelan and Douglas residents received SNAP benefits, or **11.1%** of the population. This was similar to the Washington State average. The average benefit for SNAP participants was **\$41.44** per household member per week in 2024.<sup>36,37</sup>

### WHO DOES SNAP SERVE?

U.S. PARTICIPATION, FY 2023<sup>38</sup>



**39%**

**Children**



**19%**

**Elderly  
Adults**



**8%**

**Disabled  
Adults**

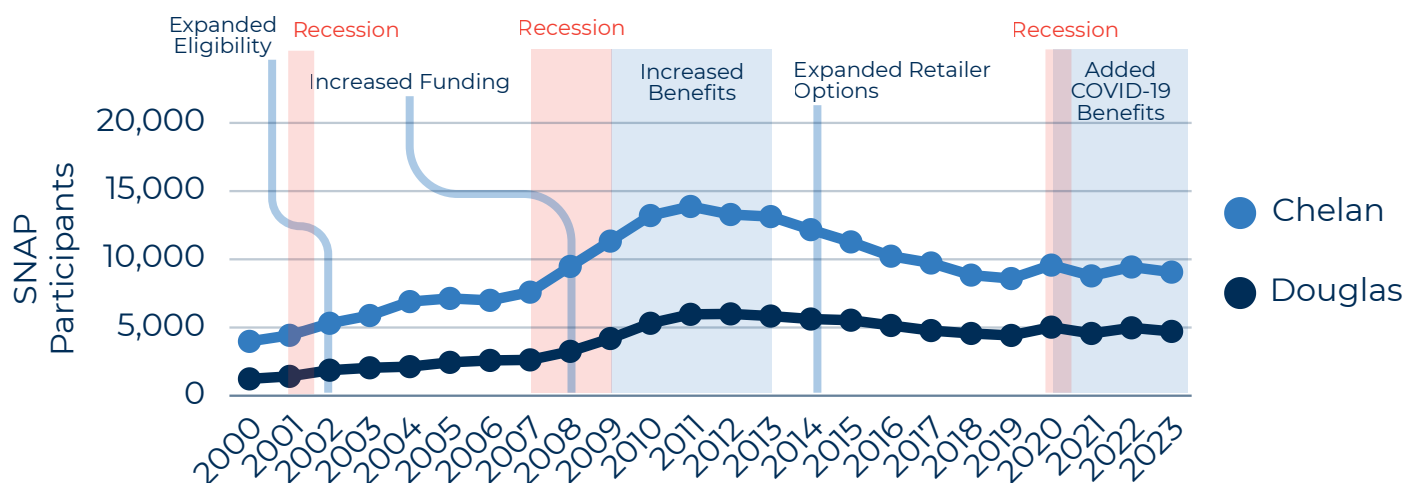


**20%**

**Adults with  
Children**

### LOCAL RESIDENTS RECEIVING SNAP BENEFITS

COUNTS AS OF JANUARY FIRST EACH YEAR, 2000-2023, AND SNAP PROGRAM CHANGES AND RECESSIONS<sup>39,40,41</sup>



# COMMUNITY NUTRITION SUPPORT

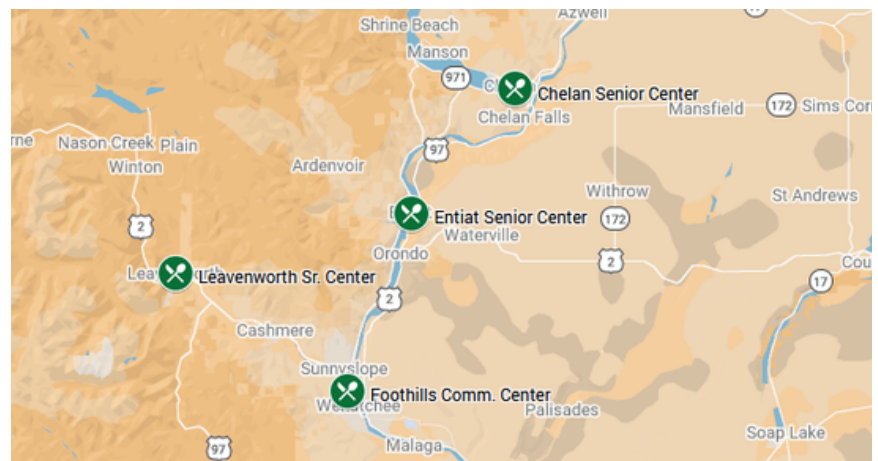
## SENIOR MEALS

Senior meal programs play an important role in supporting nutrition, health, and independence for older adults. These programs provide access to regular, nutritious meals for seniors who may face barriers such as limited income, mobility challenges, health conditions, or social isolation.

In Chelan and Douglas counties, senior meals are offered through a mix of in-person meal sites at senior centers and home-delivered meal services. Together, these programs help older adults meet basic nutrition needs, remain connected to their communities, and age safely in place.

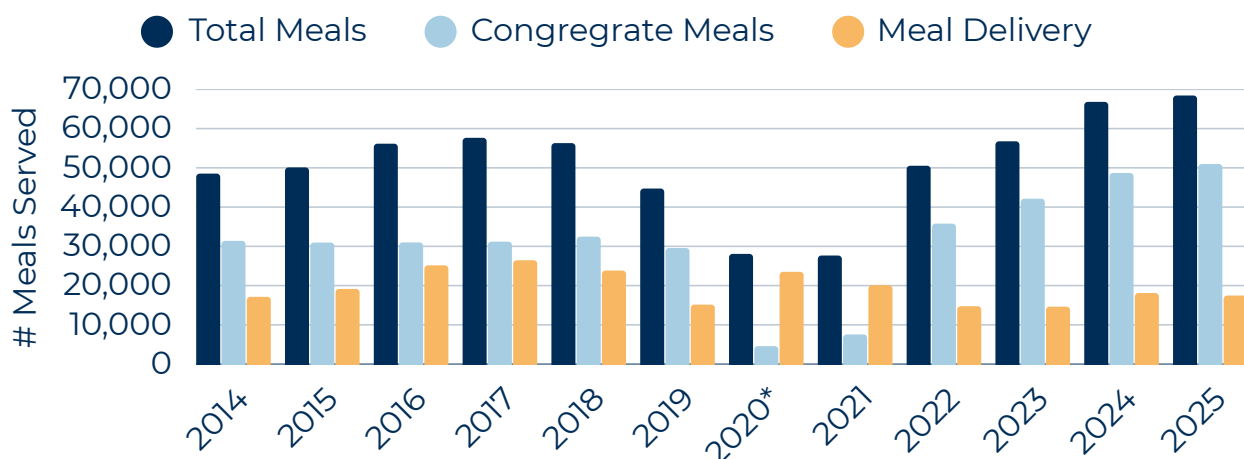
### SENIOR MEAL SITES

KEY CONGREGATE SITES IN CHELAN-DOUGLAS <sup>30</sup>



### MEALS SERVED TO SENIORS

NUMBER OF MEALS SERVED TO SENIORS THROUGH THE OKANOGAN COUNTY TRANSPORTATION & NUTRITION (OCTN) PROGRAM, INCLUDING MEAL DELIVERY AND IN-PERSON MEALS IN LEAVENWORTH, ENTIAT AND CHELAN <sup>42</sup>



\* Congregate and meal delivery totals include emergency meals offered due to the COVID-19 pandemic. In-person dining at congregate sites was closed in March 2020 and reinstated in October 2021. Meal counting protocol changed starting in 2020.

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