

# What's New at the Market: 'Kids' get their days at the market

Wednesday, July 25, 2018 1:30am | [BUSINESS](#)



## Sequim Farmers Market

**Open:** 9 a.m.-3 p.m. Saturday, July 28  
(Kid's Day)

**Location:** Sequim Civic Center Plaza,  
downtown Sequim

**More info:** [manager@sequimmarket.com](mailto:manager@sequimmarket.com)

or 360-582-6218

**On the web:** [www.sequimmarket.com](http://www.sequimmarket.com)

5210 ... five (5) or more servings of fruits and vegetables, two (2) hours or less of recreational screen time, one (1) hour or more of physical activity, zero (0) sugary beverages. Every day.

This is the message that the Olympic Peninsula Healthy Community Coalition has been infusing into the local communities throughout Clallam County since it began as a grassroots project in 2015.

Their mission is to form partnerships and networks that establish healthy choices as the standard in our community. The coalition launched the 5210 initiative in Clallam County, which encourages a healthy lifestyle based on the choices we make every day.

Since the inception of the Sequim Farmers Market in 1995, it has served as a local gathering place and market place, with the vision of becoming a major factor in Sequim lifestyle, and boosting community spirit.

The 5210 initiative falls right in line with what the market has to offer, and we are proud to be collaborating with the efforts of the Olympic Peninsula Healthy Community Coalition.

This Saturday is Kid's Day at the Sequim Farmers Market, and there will be many opportunities for youths to explore and make their own healthy lifestyle choices. Visit the activity booth to receive a \$2 coupon which kids can use to purchase fresh fruits and vegetables from local farm vendors. Coupons are available on a first-come, first-served basis, while supplies last.

This month the activity booth will feature a Farmers Market Scavenger Hunt!

At 10:30 a.m., join local momma/yoga teacher Julia Buggy for some fun kids yoga at the Sequim Farmers Market. Come to the market with your little ones of all ages for 30 minutes of family friendly movement. Julia Buggy is a yoga teacher based in Sequim, offering classes four days a week at local studios.

To learn more about her classes and seasonal specials, contact her at 360-809-0717 or visit her website at [juliabuggy.com](http://juliabuggy.com).

Immediately following the Kid's Yoga Class, enjoy our summer live music series with The Old Sidekicks performing from 11 a.m.-2 p.m.

Kid's Days are made possible with support from the Olympic View Community Foundation and the WSU Clallam County Extension.

A special thanks to Bell & Davis Law, Brokers Group Real Estate, and First Federal Savings & Loan.

***Elli Rose is the Sequim Farmers Market manager. Contact her at [manager@sequimmarket.com](mailto:manager@sequimmarket.com) or 360-582-6218, or see [www.sequimmarket.com](http://www.sequimmarket.com).***



© 2018, Sequim Gazette and Sound Publishing, Inc.

[Subscribe](#) | [Newsletters](#) | [Print Editions](#) | [About Us](#) | [Terms of Use](#) | [Privacy Policy](#) | [Contact Us](#)