

WINTER 2025

HEALTHY LIVING FOR EVERY SEASON



What's in Season Locally?

- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Garlic
- Kiwi
- Leeks
- Meyer Lemon
- Onions
- Parsnips
- Potatoes
- Radicchio
- Turnips
- Winter Squash

And much, much more!

Find out more about seasonal foods at your local farmers' market.

Farmers' Markets

Shoppers who receive CalFresh benefits can swipe their EBT cards for the amount they choose at the Farmers' Market Manager's information booth and receive up to \$15 in Market Match tokens, for fresh fruits and vegetables, once per market.

Contact the Northcoast Growers Association for the 2025 Farmers' Market Calendar.

www.northcoastgrowersassociation.org

Food Bank

For help with food, please contact the local food bank, Food for People:
<https://www.foodforpeople.org>
707-445-3166



707-444-8293 OR 800-795-3554

WWW.CHANGINGTIDESFS.ORG

[HTTPS://WWW.FACEBOOK.COM/CHANGINGTIDESFAMILYSERVICES/](https://WWW.FACEBOOK.COM/CHANGINGTIDESFAMILYSERVICES/)



Slow Cooker Veggie Chili

Try this Veggie Chili tonight with your family. It's high in fiber and vitamin C, plus the spices give it an extra kick!

Ingredients

- ½ medium onion, chopped
- ½ green, yellow, or red bell pepper, chopped
- 2 garlic cloves, chopped
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon unsweetened cocoa powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 (14-oz.) can fire-roasted diced tomatoes
- 2 cups cooked beans
- ½ medium sweet potato, peeled and chopped
- ½ cup water

Directions

Combine all ingredients in the slow cooker and cook on **LOW** for 7-8 hours, or **HIGH** for 4 hours, or until the chili has thickened and the vegetables are cooked.

Source: Leah's Pantry

Apply for CalFresh

Need help buying fresh fruits and veggies for your family?

Scan the QR code below with your phone to access current income and eligibility information and to start your application.

BenefitsCal.com



You can also call Changing Tides Family Services CalFresh staff to get help with applying, as well as support with the process of maintaining or recertifying your CalFresh benefits.

CTFS Demonstration Garden Update



Potato & Apple Harvest and Strawberries



Visit Changing Tides Family Services' Facebook and website pages to stay up-to-date with what's happening with CalFresh.