

FALL/WINTER 2025

HEALTHY LIVING FOR EVERY SEASON



Celebrating 50 years of Supporting Families and Communities in 2025!



What's in Season Locally?

- Apples
- Avocados
- Basil
- Beets
- Broccoli
- Cabbage
- Carrots
- Corn
- Cauliflower
- Grapes
- Pears
- Potatoes
- Pumpkins
- Spinach
- Squash
- Tomatillos
- Tomatoes
- Zucchini

And much, much more!

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

Office Closures

- 11/11/2025 Veterans Day
- 11/27 & 11/28/25 Thanksgiving
- 12/22-12/26/25 Christmas



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



Check the QR code for additional resources during the government shutdown

707-444-8293 OR 800-795-3554

WWW.CHANGINGTIDESFS.ORG

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



Easy & Delicious Pear Crisp

This easy pear crisp is a delicious way to enjoy an abundant fall crop. Serve it warm with vanilla ice cream!

Ingredients

- 4-5 cups pears peeled and sliced
- 1 cup rolled oats
- 1 cup packed brown sugar
- ½ cup butter (1 stick)
- ½ cup nuts-optional (almond, walnut, or pecan)
- 2 teaspoons cinnamon, divided

Directions

- Preheat oven to 375 degrees.
- Sprinkle 1 teaspoon cinnamon on the pears, toss to coat.
- Transfer to 8 or 9 inch baking dish or a 10" cast iron skillet.
- Combine the oats, brown sugar, butter, nuts and remaining cinnamon. Use a fork to blend. Sprinkle over the pears.
- Bake at 375 for 35-40 minutes until edges are bubbly and topping is lightly browned.

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.

From the CTFS
CalFresh
Demonstration
Gardens

Grapes



Cherry Tomatoes



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