



HEALTHY  
LIVING FOR  
EVERY  
SEASON

WINTER 2021-2022

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changing tides  
family services

## Our Message To You

Dear Parents and Caregivers,  
Wishing you and your family a safe and happy holiday season and new year!

During these challenging and uncertain times, people may feel more stress in their daily lives.

Visit the Changing Tides Family Services' website at [www.changingtidesfs.org](http://www.changingtidesfs.org) and click on the Covid-19 page for resources for parents and caregivers.

*From the CalFresh Team at Changing Tides Family Services*



## What's in Season Locally this Winter?

Bok Choy, broccoli, brussel sprouts, cabbage, carrots, cauliflower, persimmons, potatoes, pumpkin, spinach, turnips, winter squash, and more!

For more info, visit SNAP at <https://snaped.fns.usda.gov/seasonal-produce-guide>

## Your Local Food Bank

IF YOU NEED IMMEDIATE HELP WITH FOOD, PLEASE CONTACT THE LOCAL FOOD BANK, FOOD FOR PEOPLE:

[HTTPS://WWW.FOODFORPEOPLE.ORG](https://www.foodforpeople.org)  
707-445-3166

THERE ARE FOOD DISTRIBUTION SITES THROUGHOUT THE COUNTY.

## How to Apply for CalFresh

NEED HELP BUYING FRESH FRUITS AND VEGGIES FOR YOUR FAMILY? APPLY FOR CALFRESH, TAKE A PHOTO OF THIS CODE AND START YOUR APPLICATION!

OR YOU CAN APPLY ONLINE AT [WWW.GETCALFRESH.ORG](http://WWW.GETCALFRESH.ORG) OR [WWW.BENEFITSCAL.COM](http://WWW.BENEFITSCAL.COM)



## CALFRESH INCOME LIMITS



Better Food for Better Living

2021 CalFresh Income & Eligibility Limits

Effective October 1, 2021 – September 30, 2022

### Monthly Income Limits

People in Household	Gross Monthly Income	Net Monthly Income
1	\$2,148	\$1,396
2	\$2,904	\$1,888
3	\$3,660	\$2,379
4	\$4,418	\$2,871
5	\$5,174	\$3,344
6	\$5,930	\$3,850
7	\$6,668	\$4,347
8	\$7,444	\$4,839
Each additional member	\$758	\$492

### Maximum Monthly Allotment

People in Household	Maximum CalFresh Allotment
1	\$250
2	\$459
3	\$658
4	\$835
5	\$992
6	\$1,190
7	\$1,316
8	\$1,504
Each additional member	\$188

For more information,  
call 1-877-410-8809

## December is National Pear Month!

VISIT THE SITES BELOW FOR PEAR RESOURCES AND TIPS FOR PARENTS

[HTTPS://FOOD.UNL.EDU](https://food.unl.edu)

AND

[HTTP://GO.UNL.EDU.CHI](http://go.unl.edu/chi)

### Tips for Parents

- Pears are harvested when mature but not ripe. Ripen pears at room temperature.
- Bartlett variety pears change color as they ripen (from green to yellow).
- For non-Bartlett varieties check the neck for ripeness daily: apply gentle pressure to the neck or stem end of the pear with your thumb. If it yields to pressure, it is ripe.
- Ripe pears can be refrigerated and used up to five days later.
- To prevent browning, dip cut pears in a solution of 50% water and 50% lemon juice.



## Try this healthy and delicious baked pears and granola breakfast recipe!

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### Baked Pears with Yogurt and Granola

Ready In: 40 minutes  
Serves: 4

#### Ingredients

- 2 Firm Pears, such as Bartlett or Anjou
- 1/2 cup Apple Juice
- 1/2 cup Water
- 1 tablespoon Honey
- 16 ounces Greek Yogurt, plain
- 4 tablespoons Maple Syrup
- 1/2 cup Granola
- 2 tablespoons Walnuts, chopped

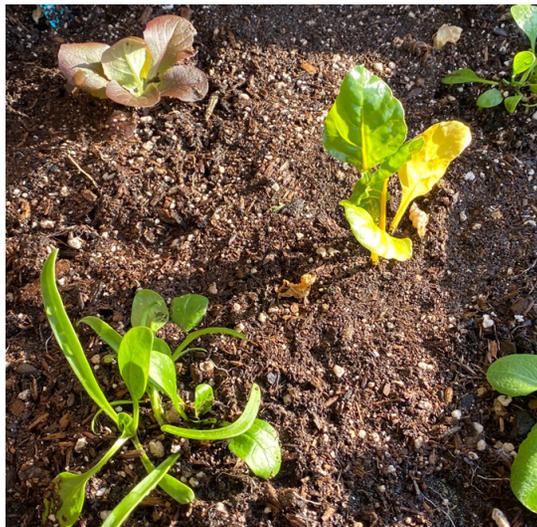
#### Directions

1. Preheat the oven to 375°F.
2. Cut the pears in half lengthwise, and remove cores with a spoon. Place in an 8x8-inch baking pan, cut-sides down.
3. Pour apple juice and water over pears, and drizzle with honey. Cover pan loosely with foil and bake about 35 minutes or until tender.
4. When pears are done, pour the leftover baking liquid into a small saucepan and reduce over medium heat until about 1/4 cup of syrup remains; set aside to cool.
5. Open container of Greek yogurt and stir in the maple syrup. Divide yogurt into four bowls. Place a half of the warm pear in each bowl, cut side up. Top with granola and walnuts and drizzle with syrup you set aside.

Source: EatFresh.org

## CalFresh Staff planted winter veggies in our demonstration garden with Lettuce, Golden Chard, and Spinach

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## Rainy Day Activities for Indoor Play

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Don't let a little precipitation keep your kids parked on the couch all day: Try these rainy day activities, games, and outings that encourage physical fitness.

- **Play Treasure Hunters**

Stash clues around the house directing kids to hunt for a hidden prize. Adjust the clues' difficulty based on the ages of your kids: Use picture cues for little ones and tricky puns for older children, for example.

- **Bring Outdoor Games In**

Play basketball with a soft foam or sponge ball, or just wad up some newspaper; the hoop can be any basket or receptacle (either hung on the wall or resting on the floor). Have kids shoot from different parts of the room or in different ways, in an indoor version of HORSE. Basketball not your speed? Try indoor bowling.

- **Let's Put on a Show!**

Challenge a your kids to stage a talent show or play. Give them a theme, a few characters, or some opening lines to get them started if they need a little help. Only one or two kids to entertain? Puppets to the rescue!

- **Get Wet Anyway!**

Suit up with boots, raincoats, and warm socks and get outside! Splash in the puddles. Do your best impressions of ducks, frogs, and fish. When you come inside, swap chilly rain gear for a warm bath or a cup of soup.

Source: Very Well Family

# Farmer's Market Days

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

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

We wish you and your family a healthy and happy winter!  
From the CalFresh Team at Changing Tides Family Services



Arcata Plaza Farmers' Market  
Winter Season  
Saturdays, 10 am-2pm  
January through March 2022

# Plan your Spring 2022 Garden Now

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**Our demo garden continues to thrive during these short chilly days of winter! Now is a great time to start planning ahead for your spring garden. Involve your kids in the planning. Seed catalogs are a colorful and fun way to look forward to Spring and fresh food from your own garden! Remember, EBT cards can be used to purchase vegetable starts and seeds!**



**Salad of mixed greens and edible flowers from our CalFresh Demo Garden**

# Office Closures

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Changing Tides Family Services' offices will be closed on the following dates:

December 24-31, 2021  
Winter Holiday Week

Martin Luther King, Jr. Day  
January 17, 2022

Presidents' Day  
February 21, 2022



Edible Checkerbloom from the CalFresh Native Plants Garden