



Our Message To You



HEALTHY LIVING FOR EVERY SEASON FALL 2023

**Dear Parents and Caregivers,
Wishing you and your family a safe,
happy, and healthy Fall!**

**Visit the Changing Tides Family
Services' Facebook and web pages
to view fun and useful
demonstrations in cooking, active
play, gardening and to find useful
resources. It's a great way to stay
up-to-date with what's happening
with CalFresh.**

***From the CalFresh Team at
Changing Tides Family Services***

What's in Season Locally this Fall?

**Apples, Arugula, Beets, Bok
Choy, Broccoli, Brussels
Sprouts, Carrots, Cauliflower,
Chard, Chestnuts, Kale,
Leeks, Lemons, Lettuce,
Pears, Persimmons, Potatoes,
Pumpkins, Spinach, Sweet
Potatoes, Winter Squash**

And so much more!

**For more info, visit SNAP at
[https://snaped.fns.usda.gov/seasonal-
produce-guide](https://snaped.fns.usda.gov/seasonal-produce-guide)**

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**[https://www.facebook.com/
changingtidesfamilyservices/](https://www.facebook.com/changingtidesfamilyservices/)**



Your Local Food Bank

If you need immediate help with food,
please contact the local food bank,
Food for People:

<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.
Scan either QR code below with your
phone to start your application.

[GETCALFRESH.ORG](https://getcalfresh.org)



[BENEFITSCAL.COM](https://benefitscal.com)



Better Food for Better Living

2023 CalFresh Income & Eligibility Limits
Effective October 1, 2023 – September 30, 2024

Monthly Income Limits

People in Household	Gross Monthly Income	Income Reporting Threshold
1	\$2,430	\$1,580
2	\$3,288	\$2,137
3	\$4,144	\$2,694
4	\$5,000	\$3,250
5	\$5,858	\$3,807
6	\$6,714	\$4,364
7	\$7,570	\$4,921
8	\$8,428	\$5,478
Each additional member	\$858	\$557

Maximum Monthly Allotment

People in Household	Maximum CalFresh Allotment
1	\$291
2	\$535
3	\$766
4	\$973
5	\$1,155
6	\$1,386
7	\$1,532
8	\$1,751
Each additional member	\$219

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

November is Cranberry Month!

Fresh Cranberry Muffins

Ingredients

- 2 cups all purpose flour
- 1/2 cup granulated sugar
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 cup vegetable oil
- 3/4 cup milk
- 2 large eggs
- 1 1/2 tsp vanilla extract
- 2 cups fresh or frozen cranberries

Directions

- Preheat oven to 350 and butter a 12-cup muffin tin, or line with muffin tin liners.
- Whisk together the flour, sugar, baking powder, baking soda, and salt in a large mixing bowl.
- Add the vegetable oil, milk, and eggs, and vanilla extract, and whisk everything together until well blended.
- Add the cranberries and fold to combine.
- Divide the batter into the muffin tins, and top with the sparkling sugar.
- Bake for about 25 minutes until risen and just starting to turn golden on top.
- Allow to cool in the muffin tins before removing.

From: <https://theviewfromgreatisland.com/fresh-cranberry-muffins-recipe>

Farmers' Market Days

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 \$10 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.



Contact the Northcoast Growers' Association for the 2023 Farmers' Market Calendar.

www.northcoastgrowersassociation.org

Twice Baked Sweet Potatoes

Twice Baked is an easy and delicious alternative to the basic baked sweet potato.

Ingredients

- 6 sweet potatoes, even in size and scrubbed
- 1 tablespoons brown sugar
- 4 tablespoons butter, room temperature
- 4 ounces cream cheese, room temperature
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- salt & pepper

Directions

1. Preheat oven to 375 degrees.
2. Place sweet potatoes on sheet tray and bake for 1 hour or until soft. Remove from oven and let cool.
3. Split potatoes and remove the flesh to a medium sized bowl, reserving the skins. In another bowl, add brown sugar, butter, and cream cheese and the all of the spices and mash with a fork or rubber spatula.
4. Add the butter and cream cheese mixture to the sweet potato flesh and fold in completely. Add the filling back to the potato skins and place on a sheet tray. bake for 15 minutes or until golden brown.

From: Simple Magazine

Office Closures

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

Veterans Day
November 10, 2023

Thanksgiving
Noon, November 22-
November 24, 2023

Cherry Tomatoes
in the CTFS
Demonstration Garden



Fun Family Fall Activities

- Have a board game night. A chilly fall evening is the perfect time to cozy up together for a new or favorite family game!
- Make chili. It's healthy and easy to throw together using your favorite recipe or try a new one from the internet or a cook book.
- Attend a local high school sports game. Bring a blanket and treat the family to a warm beverage such as hot chocolate or cider.
- Go for a hike. Fall is great weather for hiking. Play 'I Spy' with the younger children to keep them interested and having fun on the trail.
- Go apple picking or visit a farmers' market for a variety of fresh local apples.
- Do an apple tasting with locally grown apples. Slice them up and try tasting them blindfolded. If you want to take it up a notch, add dipping sauces and toppings for the apples. Try caramel, chocolate, crushed graham crackers, or chopped nuts (barring any food allergies, of course).

Fall Demo Garden at CTFS

Potatoes and Pumpkins in the CalFresh Demonstration Garden



More Fall Fun Activities

- Make crock pot apple cider. Heat cider on low heat with cinnamon sticks and cloves. It will not only taste delicious, it will fill your house with a spicy fall aroma.
- Have a movie night. Pick a movie from family favorites. Add popcorn for a fun night at the movies.
- Go to the park. Enjoy the fall weather by heading to the local park with a picnic meal. Add in a game of frisbee or tossing a ball back and forth to round out the family fall activities fun.
- Visit the zoo. Take advantage of the fall weather to visit the local zoo. The animals are generally more active than in summer making it more fun to visit them.
- Go to the library and pick out some good books for rainy day and night time fall reading. Other kids and adults can take turns reading aloud to the family.

*Article excerpts from:
<https://smarkids101>*