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Arcata Plaza Winter Market:
Saturdays, 10am-2pm
through March 27, 2021

Main Season Market
Saturdays, 9am-2pm
April 3rd 2021-
November 20, 2021

Due to COVID-19 concerns, Changing Tides Family Services' offices are currently closed to the public.

We can be reached by phone or email during our regular business hours:
M-F, 8:30 a.m. - 12:00 p.m.
and 1:00 p.m. - 5:00 p.m.
707-444-8293

Changing Tides Family Services' offices will be closed on the following date:
Monday, May 31, 2021
in honor of Memorial Day



Healthy Living for Every Season

Dear Parents and Caregivers,

Spring 2021

Did you know? 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.



The updated **USDA Dietary Guidelines for Americans, 2020-2025** is the first set of guidelines that provide a framework to eat healthfully throughout all life stages, from birth through older adulthood, including pregnant and lactating women.

The Guidelines offer recommendations of what to eat to achieve better health. To learn more, visit:
www.dietaryguidelines.gov

Visit Changing Tides Family Services' Facebook, Twitter, and YouTube pages to view fun and useful demonstrations in healthy cooking, active play, and gardening. It's also a great way to stay up-to-date with what's happening with CalFresh.

We wish you and your family a healthy and happy spring!
— The CalFresh Team at Changing Tides Family Services

- 1 Meet nutritional needs primarily from nutrient-dense foods and beverages. 
- 2 Choose a variety of options from each food group. 
- 3 Pay attention to portion size. 



What's in Season locally this Spring?

Artichokes	Kale
Asparagus	Leeks
Bok Choy	Lettuce
Broccoli	Mustard Greens
Cabbage	Parsley
Carrots	Radishes
Cauliflower	Radicchio
Chard	Rhubarb
Cherries	Snap Peas
Garlic	Spinach



CalFresh recipients: There has been a temporary 15% increase in the maximum monthly CalFresh allotment for the time period between January 1, 2021 and June 30, 2021. The increase will be added to your EBT card automatically. The amounts are as follows:

1	\$234
2	\$ 430
3	\$616
4	\$782
5	\$929
6	\$1,114
7	\$1,232
8	\$1,408
+ each additional member	\$176

Get Active!

April is...



Now is a great time to be thinking about your spring garden. Whether you have a small container garden or your own garden beds, gardening with children is a great learning experience for kids of all ages!

5 Benefits of Gardening With Kids

1. Educational: Learning about where food comes from and the growth process from seed to table is a wonderful lesson for kids.
2. Bonding outdoors: Having a garden to tend to is a great way to get the family outdoors spending time together.
3. Helps picky eaters: Kids that you usually have to fight with to get them to eat a vegetable often become interested if it comes from a plant that they grew themselves.
4. Exercise: Gardening is a great form of exercise. Hauling bags of dirt, pushing a wheelbarrow, bending to pull weeds, squatting to dig holes for your seedlings — all help to burn calories and tone muscles.
5. Life Lessons: Patience, responsibility, nurturing, cooperation, nutrition, creativity, self esteem, the cycle of life — the list could go on and on of all the positive life lessons that a little one could learn from their garden.

Read more at: www.hellocreativefamily.com

Plant a Snack Garden

Overview: Fill your garden with edible crops that can be harvested, washed and enjoyed straight from the garden with very little to no preparation. Perfect for a quick snack!

Materials: Vegetable seeds (see suggestions below), containers, raised beds, or in-ground gardens, plenty of sunshine and water

Approximate Time to Complete: 6 to 12 weeks

Location: Outdoor

Ages: 2+

Season: spring, summer and fall

Instructions:

1. Find a location at your home to plant a vegetable garden. You will want a site that receives 6 to 8 hours of direct sunlight, has well-draining soil, protection from pests and a nearby water source. The size of your new snack garden can vary greatly from a few containers on a sunny balcony to an easily accessible corner of land in your yard. If you are new to gardening or limited by space, consider using container gardens. If you are concerned about your soil quality or want to make maintenance a little bit easier, check out raised beds.
2. With your young gardeners, select the snackable veggies you would like to grow. Here are a few suggestions:

sunflower	bush beans
lettuce	carrots
radishes	potatoes
snow peas	pumpkin
cherry tomatoes	nasturtiums



Be sure to visit www.kidsgardening.org for lots of Garden-Based activities for all ages of children.

Spring Recipes

Honey-Mustard Carrots from eatfresh.org

Prep Time: 10 mins
Cook Time: 15 mins
Course: Side Dish
Servings: 4

Ingredients

1 pound carrots
½ tablespoon butter (or oil)
1 teaspoon honey or brown sugar
2 teaspoons Dijon mustard
Salt and pepper to taste
Parsley chopped (optional)



Instructions

1. Peel and slice the carrots diagonally into ½ inch thick pieces.
2. Steam carrots in a covered pot with 1-inch water for 3 minutes until barely tender.
3. Drain the carrots and return to the pan. Add butter, honey, and mustard. Season with salt and pepper, to taste.
4. Cook over medium heat for several minutes until well coated with sauce and bubbling.
5. Toss with chopped parsley and serve immediately.

Serving size: ¼	Total calories: 96
Total fat: 2 g	Saturated fat: 1 g
Carbohydrates: 19 g	Protein: 2 g
Fiber: 5 g	Sodium: 296 mg (varies)

About Carrots:

Carrots are long root vegetables that taper at one end. They are a crunchy, sweet vegetable and are usually orange. There are some varieties of carrots that come in shades of purple and yellow. "Baby cut carrots" are often called baby carrots, but are actually cut down to 2-inch pieces from fully grown carrots.



Store It:

Carrots can be stored for 1-2 weeks.

Store them in the coolest part of the refrigerator in a plastic bag or wrapped in a paper towel to reduce the amount of condensation that can form.

Cook It:

Wash and scrub carrots before eating.

If the stem end is green, cut it off as it will taste bitter.

Carrots can be left whole or grated, shredded, or sliced into sticks or rounds.

Why It's Great:

All carrots — independent of their color — are packed with a variety of nutrients, such as fiber, potassium, vitamin C, manganese, vitamin A, and certain B vitamins

Learn more about fruits and vegetables and recipes at www.eatfresh.org

CHOOSE CalFresh FOR GOOD NUTRITION

CalFresh is a nutrition assistance program that helps low-income individuals and families buy the food they need for good health.

CalFresh dollars help stretch a tight food budget and provide the means to be able to afford healthy foods like fruits and vegetables.

Did you know...

You can own your house, or cars

You can have retirement accounts (IRA, 401K, Pension)

You can have money in the bank

You can be employed or unemployed

.....AND STILL QUALIFY!



You may qualify for CalFresh if you can answer "yes" to all these questions:

1. Are you or at least one of your children a U.S. citizen or legal permanent resident?
2. Is your household's GROSS (before taxes) monthly income **within** the limits in the chart below?

CalFresh	
Effective October 1, 2020	
Household Size	Monthly Income
1	2,128
2	2,874
3	3,620
4	4,368
5	5,114
6	5,860
7	6,608
8	7,354
Each Additional	+748

Special Rules

- Individuals receiving SSI/SSP can apply for CalFresh in California beginning June 1, 2019.
- If a household member is age 60 or older or permanently disabled, the income limit may be higher.

We can help you apply today!

Call us at (707) 444-8293 and ask about CalFresh!

You can apply online!

Visit www.c4yourself.com or www.GetCalFresh.org

This newsletter is provided by **Changing Tides Family Services** in partnership with CalFresh.

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