Dear Parents and Caregivers,

Please be sure to follow Humboldt County Public Health and State of California recommendations during the Coronavirus pandemic. Below are a few resources for families and child care providers:

- All Kids Network: www.allkidsnetwork.com
- Best Ideas for Kids: www.thebestideasforkids.com
- California Department of Education: www.cde.ca.gov
- California Department of Public Health: www.cdph.ca.gov
- Free Gardening Kits for your students or kids at home: www.backtotheroots.com/pages/request-gardening-kits-for-your-students
- Himama Coronavirus Resources: www.himama.com/resources/coronavirus-tips-daycare-closure
- Humboldt County Department of Health and Human Services: www.humboldtgov.org/192/Department-of-Health-Human-Services
- Humboldt County Office of Education: www.hcoe.org
- PBS Learn to Grow: www.pbs.org/parents/learn-grow

Please visit the Changing Tides Family Services website www.changingtidesfs.org and Facebook page www.facebook.com/changingtidesfamilyservices for further updates and resources.

Wishing you and your family a safe and healthy spring!

The CalFresh Team at Changing Tides Family Services
**Pick a Flower** from www.pre-kpages.com, Growing Book by Book

**Activity:** Group  
**Age:** Pre-k and older  
**Skills:** Gross motor and literacy

**Materials Needed**
- 20 construction paper or cardstock in four different colors  
- 20 craft sticks  
- 20 glue dots  
- Permanent marker  
- Sidewalk chalk  
- 1 small flower pot

**Setting Up The Movement Activity**
- Attach a flower to each craft stick using a glue dot.
- Choose one flower group of the same color and write one of the following words (run, hop, walk, skip, and gallop) on each of the sticks in that group. Repeat for the remaining colors.
- Place your flowers in a flower pot.
- Outside you will need to draw 4-8 letters of the alphabet on the playground or another concrete area using the chalk.
- Space the letters out so that the kids can’t get to them too quickly. (If you have a grassy area instead, print the letters on plastic plates or tape paper with letters to cones.)

**Playing Pick a Flower**

Divide the kids into four teams. Assign each team a color that corresponds to the colors in your flower pot. You may even give each student a sticker that matches the team color. Invite each team stand together.

Pull out a flower from the pot and announce it to the children. For example, if you pull a yellow flower with the word hop on it, say, “Yellow team please hop to the letter ___ (fill in with a letter that is drawn with chalk).”

Continue to pull all the flowers sending teams moving all over the playing area. The activity is over when all the flowers have been picked and completed.

**Variations for older children**
- 1. Let individual students pull a flower from the pot and give the direction to the appropriate team.  
- 2. Instead of announcing the letter to travel to, say the letter sound instead.  
- 3. Use numbers or shapes instead of letters (this could be for younger kids as well).
Crunchy Roasted Green Peas Recipe from www.superhealthykids.com

Prep Time: 10 mins
Cook Time: 1 hr
Course: Side Dish
Servings: 4

Ingredients
2 cup green peas, frozen
1 teaspoon olive oil
1 teaspoon garlic salt

Instructions
• Preheat your oven to 375 degrees F.
• Allow peas to thaw, then blot them with a paper towel to get as much moisture off them as possible.
• Place them in a bowl and add oil and garlic salt. Stir to coat evenly.
• Spread them on a baking sheet lined with parchment paper or aluminum foil.
• Bake in the oven for 30 minutes, then shake and stir peas around to make sure they’re cooked evenly.
• You can try them at this point to see if they are crunchy enough for you. If they need more time return to the oven for increments of 15 minutes until they are nice and crunchy.
• Let cool before serving.

Nutrition
Calories: 62kcal | Carbohydrates: 9g | Protein: 4g | Fat: 2g | Sodium: 125mg | Fiber: 3g | Sugar: 3g

Vegetable Salad with Tangy Avocado Dressing from www.eatfresh.org

Prep Time: 20 mins
Course: Side Dish
Servings: 4

Ingredients
8 cups Romaine lettuce shredded
½ cup Cucumber peeled and chopped
½ cup Jicama peeled and chopped
½ cup Frozen peas thawed
½ cup Red onion finely chopped
1 Avocado peeled and pitted
½ cup 100% orange juice
2 tablespoons Lime juice
½ teaspoon Garlic salt
Optional: blend ¼ cup fresh cilantro leaves with dressing for extra flavor.

Instructions
• Toss lettuce, cucumber, jicama, peas, and onion together in a large bowl.
• In a blender container, add avocado, orange and lime juices, garlic salt and cilantro leaves (optional); cover with a tight fitting lid, and blend until smooth.
• Add dressing to salad and toss well to coat. Serve immediately.

Nutrition
Calories: 160 | Carbohydrates: 25g | Protein: 4g | Total fat: 6g | Saturated Fat: 1g | Sodium: 150mg | Fiber: 6g
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 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?

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Monthly Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2,082</td>
</tr>
<tr>
<td>2</td>
<td>2,820</td>
</tr>
<tr>
<td>3</td>
<td>3,556</td>
</tr>
<tr>
<td>4</td>
<td>4,292</td>
</tr>
<tr>
<td>5</td>
<td>5,030</td>
</tr>
<tr>
<td>6</td>
<td>5,766</td>
</tr>
<tr>
<td>7</td>
<td>6,502</td>
</tr>
<tr>
<td>8</td>
<td>7,240</td>
</tr>
<tr>
<td>Each Additional</td>
<td>+738</td>
</tr>
</tbody>
</table>

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.

2379 Myrtle Avenue
Eureka, CA 95501
707-444-8293
1-800-795-3554 Toll Free
707-444-8298 Fax
www.changingtidesfs.org