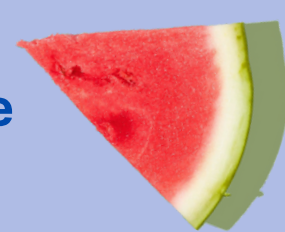




Our Message To You



HEALTHY LIVING FOR EVERY SEASON SUMMER 2023

What's in Season Locally this Summer?

Apples, apricots, avocados, bananas, beets, bell peppers, blackberries, blueberries, cantaloupe, carrots, celery, cherries, corn, cucumbers, eggplant, garlic, green beans, honeydew, lemons, lima beans, limes, mangos, okra, peaches, plums, raspberries, strawberries, squash, tomatillos, tomatoes, watermelon, zucchini

And so much more!

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

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changing tides
family services

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

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*



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



BENEFITSCAL.COM



CalFresh Income Limits



Better Food for Better Living

2022 CalFresh Income & Eligibility Limits

Effective October 1, 2022 – September 30, 2023

Monthly Income Limits

People in Household	Gross Monthly Income	Net Monthly Income
1	\$2,266	\$1,473
2	\$3,052	\$1,984
3	\$3,840	\$2,495
4	\$4,616	\$3,007
5	\$5,412	\$3,518
6	\$6,200	\$4,029
7	\$6,986	\$4,541
8	\$7,772	\$5,052
Each additional member	\$788	\$512

Maximum Monthly Allotment

People in Household	Maximum CalFresh Allotment
1	\$281
2	\$516
3	\$740
4	\$939
5	\$1,116
6	\$1,339
7	\$1,480
8	\$1,691
Each additional member	\$211

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

July is Watermelon Month!

Watermelon Gazpacho

Ingredients

- 4 cups cubed, seeded watermelon (divided)
- 1 cucumber (peeled, coarsely chopped, divided)
- 1 clove garlic (minced)
- 2 tablespoons chopped onion
- 2 teaspoons lime juice
- 1 teaspoon olive oil
- 1 tablespoon chopped fresh basil
- 1/8 teaspoon ground black pepper
- 1/2 jalapeño pepper, seeded and chopped (optional)

Directions

1. In a small bowl, mix 1 cup of cubed watermelon and 1/2 of chopped cucumber; set aside.
2. Process remaining ingredients in a food processor or blender until puréed.
3. Transfer all ingredients to a large bowl and stir.

Refrigerate until ready to serve.

From:

<https://www.myplate.gov/recipes/myplate-cnpp/watermelon-gazpacho>



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

Sour Cucumber Bites

This quick and easy recipe is great for kids to help with and is creditable for the Food Program.

Ingredients

- 2 limes, juiced
- 1/4 tsp salt
- 1/8 tsp pepper
- 1 lb cucumbers, sliced

Directions

- In a medium bowl, mix the lime juice, salt and pepper.
- Add the cucumbers and toss until all slices are coated in the lime juice mixture.
- Serve a 1/2 cup to each participant.

One 1/2 serving provides 1/2 vegetable.

Source: National CACFP Organization



Office Closures

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

Independence Day
July 4, 2023

Labor Day
September 4, 2023

Flowers on the apple tree in our demonstration garden



Gardening is Healthy

Article excerpts from:

<https://newsroom.heart.org/news/10-vegetables-to-plant-with-your-kids-this-summer>

"Creating a home garden is an activity to get the entire family involved while increasing physical activity to improve mental health and reduce anxiety and depression," said Larry D. Mitnaul, Jr., M.D., MPH, MS, American Heart Association volunteer medical expert and child, adolescent, & adult psychiatrist at Ascension Via Christi.

According to the CDC, childhood obesity accelerates during the summer while children are out of school. Children who experience high stress levels are at increased risk for being overweight, having disrupted sleep or smoking – all of which can lead to serious health problems. Stress hormones can lead to inflammation, which raises the risk of developing chronic diseases, such as heart disease.

Expanding our Demo Garden at CTFS

This area will feature growing in partial shade



More Gardening is Healthy

As kids dig, mulch, trim, water, and remove those pesky weeds, they may relieve some stress and anxiety linked to social distancing and cancelled activities which can result in mental health fluctuations according to the American Heart Association, the world's leading nonprofit organization focused on heart and brain health for all. Adding activities to the routine that get kids active and outdoors can offer mental health benefits through physical activity.

Visit a Local Demonstration Garden

Find some inspiration or take a nice stroll with your family at:

Humboldt Botanical Garden - College of the Redwoods, 10am-4pm, closed Mondays

*Northcoast Native Plant Society - Freshwater Farms, email for hours
northcoast@cnps.org*

*For a county list visit:
<https://northcoastcnps.org/native-plant-nursery-sales/local-gardens-to-visit/>*