



**Our Message
To You**



**HEALTHY
LIVING FOR
EVERY SEASON
WINTER 2024**

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

**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 Winter?**

**2379 Myrtle Ave.
Eureka, CA 95501**

**info@changingtidesfs.org
www.changingtidesfs.org**

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



Arugula, Asian Pears, Beets, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Chard, Celery, Collard Greens, Kale, Leeks, Lettuce, Mustard Greens, Oranges, Persimmons, Pears, Pomegranates, Potatoes, Radicchio, Radishes, Rutabagas, Sorrel, Spinach, Sweet Potatoes, Swiss Chard, Turnips, Winter Squash

And so much 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>
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

February is Celery Month!

Cream of Celery Soup

Ingredients

- 4 cups chopped onions
- 3 1/2 cups water
- 6 celery ribs, chopped
- 4 tsp bouillon granules
- 3/4 tsp salt
- 1/2 tsp pepper
- 1/2 cup all-purpose flour
- 1 cup 2% milk
- 1 cup shredded cheddar cheese
- Celery leaves and croutons, optional

Directions

- In a large saucepan, combine onions, water, celery, bouillon, salt, and pepper. Bring to a boil. Reduce heat; cover and simmer for 10 minutes or until vegetables are tender. Transfer mixture to a blender; puree until smooth. Return to saucepan.
- Combine the flour and milk until smooth; gradually stir into soup. Bring to a boil; cook and stir for 3 minutes or until thickened. Reduce heat; stir in cheese until melted.
- If desired, garnish servings with celery leaves, croutons, and extra cheese.

From:
tasteofhome.com/recipes/cream-of-celery-soup/

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 2024 Farmers' Market Calendar.

www.northcoastgrowersassociation.org

Baked Pears (No Added Sugar)

Baked pears are a delicious and easy dessert for family dinners. This recipe has no added sugar and you really won't miss it!

Ingredients

- 4 large pears-2 lb. total weight, firm (don't use ripe pears)
- 2 tablespoons unsalted butter, melted, plus 1 teaspoon for the pan
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon

Directions

1. Preheat oven to 350 degrees F. Lightly butter the bottom of a 9 X 13 baking dish.
2. Peel the pears, halve and core them. You can core them with a melon baller, with a metal measuring spoon, or with a pairing knife.
3. In a small bowl, whisk together the butter, vanilla, and cinnamon. Brush the pears with the mixture on both sides.
4. Arrange the pears in the baking dish, cut side down. Bake them until fork tender, about 30 minutes per side, basting every 15 minutes with the pan juices.
5. Brush the pears one last time and serve warm.

Can be served with whipped cream, ice cream, or frozen yogurt.

From:
<https://healthyrecipes.com/baked-pears/>

Office Closures And Reminders

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

**Presidents' Day
February 19, 2024**

**Daylight Saving Time Begins
March 10, 2024**

Remember!

Spring Ahead One Hour

**First Day of Spring
March 19, 2024**



Rainy Day Activities for Kids of All Ages

Rain got you cooped up inside again? Looking for activities for the kids? Here are some fun, easy, and cheap rainy day activities for kids, to keep them (and you!) from climbing the walls! These fun rainy day activities are easy to do, budget-friendly and use things you most likely have around the house.

1. Build a Fort with Blankets and Pillows
Rainy day activities don't need to involve time, equipment or 'new' things – sometimes something simple is just what the kids need.

Build a den out of the sofa cushions, chairs, clothes rack with a blanket draped over or create a fort out of a big cardboard box with packing tape to hold the sides together.

2. Create a Town in a Cardboard Box
If you have a giant cardboard box, why not draw a town on the bottom of the box, with roads, tracks, bridges, parks, schools, libraries, etc. Add some wooden building blocks, cars, trains and some wooden/plastic animals. Then let your child's imagination run wild. Older kids could help with decorating/creating the scene.

Winter Demo Garden at CTFS

Before and After in the CalFresh Demonstration Garden Ready for Spring Planting!



More Rainy Day Activities

Continued:

3. Hold an Indoor Treasure Hunt Confined to the house?

All you have to do is provide each child with their printed treasure hunt and a small box, bag or basket to collect their items.

4. Make Shadow Shapes

Turn off the lights, close the curtains, and with the help of a flashlight, take turns making shadow shapes on the walls, with your hands. See who can make the best shape.

5. Make Paper Airplanes

All you need to make paper airplanes is paper – and pens if you want to decorate them.

First fold your paper airplane and then the kids can draw the pilots at the front and the passengers looking out of the windows. Then have a contest and see whose plane gets furthest!

From:

<https://www.mykidstime.com/things-to-do/50-fun-rainy-day-activities-for-kids/>