



What's in Season Locally this Fall?

Apples, broccoli, carrots,
corn, cranberries, grapes,
green beans, mushrooms,
pumpkins, turnips, and
more!

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



HEALTHY LIVING FOR EVERY SEASON AUTUMN 2021

2379 Myrtle Ave.
Eureka, Ca 95501
707-444-8293
info@changingtidesfs.org
www.changingtidesfs.org



changing tides
family services

OUR MESSAGE TO YOU

**Greetings from the CalFresh Team here
at Changing Tides Family Services.**

**You may notice a new look to our
seasonal newsletter, which is
formatted for social media as well as
print. We hope you find the
information useful, feel free to share
with others.**

**With the arrival of fall, this means
harvest time for lots of our favorite
fruits and veggies, as well as looking
forward to those holidays with our
favorite meals.**

**While our lobby remains closed, we
are accessible by phone, fax, text,
website, and Facebook.**

**We wish everyone a safe and healthy
season!**

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, take a photo of this code and start your application!

Or you can apply online at www.GetCalFresh.org or www.BenefitsCal.com



NEW INCOME LIMITS



Better Food for Better Living

2021 CalFresh Income & Eligibility Limits

Effective October 1, 2021 – September 30, 2022

Monthly Income Limits

People in Household	Gross Monthly Income	Net Monthly Income
1	\$2,148	\$1,396
2	\$2,904	\$1,888
3	\$3,660	\$2,379
4	\$4,418	\$2,871
5	\$5,174	\$3,344
6	\$5,930	\$3,850
7	\$6,668	\$4,347
8	\$7,444	\$4,839
Each additional member	\$758	\$492

Maximum Monthly Allotment

People in Household	Maximum CalFresh Allotment
1	\$250
2	\$459
3	\$658
4	\$835
5	\$992
6	\$1,190
7	\$1,316
8	\$1,504
Each additional member	\$188

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

SEPTEMBER IS NATIONAL FRUITS AND VEGGIES MONTH!

Visit the site below and see recipes for 10 ways to enjoy apples! from <https://fruitsandveggies.org/stories/top-10-ways-to-enjoy-apples/>

10. Apple Chutney
9. Applesauce
8. Apple Tasting Bar
7. Add to your Main Dish
6. Baked Apples
5. On the Go. Crunch - Eat Whole
4. With Nut Butter
3. Dessert
2. Apple Dipping Bar
1. Fennel & Apple Salad



Try this Apple Crisp Recipe Below!

USDA MyPlate
U.S. DEPARTMENT OF AGRICULTURE

Apple Crisp



Makes: 8 servings

Total Cost: \$\$\$\$

This apple crisp is a delicious dessert and a great way to enjoy fall's bounty from the orchard.

Ingredients

- 4 apples (medium)
- 1/4 cup oatmeal (quick cooking)
- 1/4 cup flour
- 1/2 cup brown sugar
- 1 tablespoon cinnamon
- 1/4 cup margarine

Directions

1. Preheat the oven to 350 degrees F.
2. Grease the bottom and sides of the square pan.
3. Remove the cores from the apples. Slice the apples. Spread the sliced apples on the bottom of the pan.
4. Cut the margarine into small pieces and put in a medium-sized bowl.
5. Add the oatmeal, flour, brown sugar and cinnamon.
6. Using two knives, cut the margarine into the mixture until it looks like small crumbs.
7. Sprinkle the mixture over the top of the apples.
8. Bake in the oven for about 20 minutes.

Notes

For different tastes, try other fruits like cherries, pears, peaches, or plums. Learn more about [apples](#).

Source:
Pennsylvania Nutrition Education Network



Why Eat Apples?

- Apples contain Vitamin C which helps our immune system
- Apples have fiber which keeps our digestion healthy
- Apples are heart healthy, contain cancer fighting compounds and can lower risk of diabetes.

So eat up!

Physical Activity

From EatFresh.Org

Physical activity can be fun and doesn't have to involve going to a gym. Choose forms of physical activity that you enjoy.

Try something that increases your heart rate, like walking, biking, jumping or dancing.

Get outside and play with your kids. Improve your strength with body weight exercises, such as squats or push-ups, or yoga.

Tidy up your home or vacuum the floors. Anything that gets your body moving counts!

Try This

Aim to walk for 30 minutes today—and it doesn't have to be all at once.



FARMER'S 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.

We wish you and your family a healthy and happy autumn!

The CalFresh Team at Changing Tides Family Services



Arcata Plaza Main Season Market:

Saturdays, 9am-2pm
April 3 through Nov. 20, 2021

Need some ideas on how to prepare and eat zucchini? Try a No Mayo

Zucchini Salad

This recipe uses plain yogurt for a healthier choice:

<https://recipes.heart.org/en/recipes/zucchini-salad>



OFFICE CLOSURES

OUR OFFICES WILL BE
CLOSED NOV. 11, 25, 26

Our demo garden is doing fine with tomatillos and bell peppers!



Try this tomatillo salsa recipe from Community Supported Agriculture!

<https://www.csa365.org/recipes/cherry-tomato-tomatillo-salsa/>