



## What's in Season Locally this Winter?

Arugula, Asian Pears, Beets, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Chard, 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>



## HEALTHY LIVING FOR EVERY SEASON WINTER 2022-2023

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**changing tides**  
family services

## Our Message To You



Dear Parents and Caregivers,  
Wishing you and your family a safe, happy, and healthy holiday season and new year!

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](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](http://GETCALFRESH.ORG)



[BENEFITSCAL.COM](http://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

# January is National Oatmeal Month!

## Basic (and Yummy!) Oatmeal

### Ingredients

- 1 cup old-fashioned rolled oats
- 1 cup milk or nut milk
- 1 cup water
- 1/8 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1 teaspoon honey
- Desired toppings (sliced almonds, fresh fruit, nutbutter)

### Directions

1. Combine oats, milk, water, salt, and cinnamon in a medium saucepan. Bring to a boil, reduce heat to low.
2. Simmer uncovered for 3 to 5 minutes until thickened, stirring occasionally. Remove from heat and let cool slightly.
3. Divide equally between two bowls. Drizzle each serving with 1/2 teaspoon honey. Add additional toppings and serve.

Total Time 7 minutes  
Servings 2



# 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.

We wish you and your family a healthy and happy New Year!  
From the CalFresh Team at Changing Tides Family Services



Contact the Northcoast Growers' Association for the Fall 2023 Farmers' Market Calendar.

[www.northcoastgrowersassociation.org](http://www.northcoastgrowersassociation.org)

# Garden Chili

This quick and easy one pan dish is full of veggies, spices, and flavor. Get your kids involved by letting them wash the vegetables.

## Ingredients

- 3/4 pound ground beef (or alternate)
- 1/2 cup green pepper (chopped)
- 1/2 onion (large, chopped)
- 2/3 cup kidney beans (canned, drained, rinsed)
- 1/2 cup corn
- 1 can tomato sauce (8 oz.)
- 1 cup tomatoes (chopped, fresh)
- 1 dash ground black pepper
- 1/2 teaspoon garlic powder
- 2 teaspoons chili powder

## Directions

1. Wash your hands and work area.
2. Place ground beef in a skillet with non-stick cooking spray. Brown meat over medium-high heat, stirring occasionally to break it into pieces.
3. Add green pepper, onion, and celery. Cook until softened.
4. Add remaining ingredients and cook over low heat for 20 minutes.
5. Serve hot in bowls.
6. Cover and refrigerate leftovers within 2 hours.

Source: *USDA My Plate*

# Office Closures

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

Winter Holiday Week  
December 26-30, 2022

New Year's Day  
January 2, 2023

Martin Luther King, Jr. Day  
January 16, 2023

President's Day  
February 20, 2023

*Lettuce and Marigolds  
in CTFS Winter Garden*



## Winter Gardening Activities with Kids

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Our North Coast winters tend to be rainy and cold but there are still vegetables and flowers that can be planted, even in January! A trip to a garden shop or farmers' market to see what's in season locally is fun for the whole family. Making selections for your spring garden from seed catalogs is another enjoyable wintertime activity. You can involve your kids in tidying your garden to get ready for planting. Raking leaves is a great opportunity to find the life that goes on under the leaves, even in winter! Worms and insects are busy turning the remains of last year's garden into rich soil for the New Year.

**What Vegetables Can be Planted in Winter?** Check the back of seed packets to be sure they are suitable for planting at this time of the year. Plant starts can be grown in containers, either outdoors or indoors, making it easy to protect them from frost and hard rain.

**Carrots** are simple seeds to sow at any time of the year. Carrots can be grown in and sprout quickly.

## Bok Choy and Sorrel in the CTFS Winter Garden

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## More Gardening in Winter

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**Cauliflower seeds** can be sown in late January. Be sure to use moisture-retaining soil to keep your plant well-nourished over winter. Start your cauliflower seeds indoors making sure they get at least 6 hours of sunlight a day (a windowsill is great!). Your kids will love checking on the plant's growth each day.

**Pansies** are an edible flower to plant with your kids. It's a good idea to start them indoors until they are strong enough to be planted in your garden or garden box. Pansies add a bright spot of color to green salads or when used as a garnish.

**Bare root fruit trees** are one of the best things to plant in winter. Plant a fruit tree with your kids to celebrate the New Year! Planting a fruit tree in your garden is the perfect way to introduce the concept of where fruit and vegetables come from to your child. From helping to choose their tree, helping to dig the hole, and to enjoying the harvested fruit, your kids will learn how the fruit they eat and the vegetables in their dinner have been grown.