



Healthy Living for Every Season

Fall 2019

Dear Parents and Caregivers,

Champions for Change is now called **CalFresh Healthy Living**—your place for quick and easy health tips. Anyone can benefit from the health tips and kid-friendly recipes on this new website at www.CalFreshHealthyLiving.org or visit their Facebook page at www.facebook.com/CalFreshHealthyLiving.

There are new CalFresh eligibility guidelines. These go into effect on October 1, 2019. The updated amounts are based on the yearly USDA Cost of Living Adjustment. Applicants previously denied benefits because they were over income should consider reapplying if their income falls within the new limits. These amounts are listed on the last page of this newsletter. If you have any questions, or would like to sign up for CalFresh, please call our office to speak with a CalFresh specialist at 707-444-8293.

Wishing you and your family an abundant Autumn!



Sincerely,
The CalFresh Team at Changing Tides Family Services

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Arcata Plaza:

Saturdays 9am-2pm
(through 11/23/19, then
10am-2pm)

Eureka, Old Town:

Tuesdays 10am-1pm
(through 10/29/19)

Eureka, Henderson Center:

Thursdays 10am-1pm
(through 10/31/19)

Eureka, Friday Night Market:

Fridays 5-8pm
(through 10/25/19)

Fortuna:

Tuesdays 3pm-6pm
(through 10/29/19)

McKinleyville:

Thursdays 3:30pm-6:30pm
(through 10/31/19)

The Changing Tides Family Services' offices will be closed on **Monday, 11/11/19** for the Veterans Day holiday. Offices will re-open on Tuesday, 11/12/19.

The offices will also be closed from noon on **Wednesday, 11/27/19**—5pm on **Friday, 11/29/19** for Thanksgiving. Offices will re-open on Monday, 12/2/19.

What's in season locally?

Fruit:

- Apples
- Blackberries
- Blueberries
- Butternut Squash
- Cucumbers
- Eggplant
- Figs
- Grapes
- Kiwi
- Melon
- Pears
- Peppers
- Persimmons
- Pumpkin
- Raspberries
- Strawberries
- Tomatillos
- Tomatoes
- Winter squash
- Zucchini

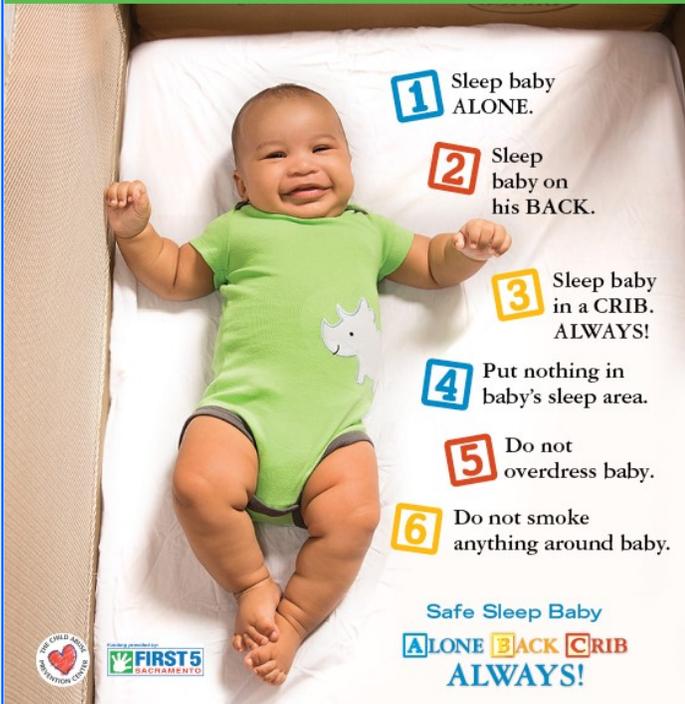
Vegetables:

- Artichokes
- Arugula
- Beets
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Chard
- Collard Greens
- Corn
- Garlic
- Green Beans
- Kale
- Leeks
- Lettuce
- Onions
- Parsnips
- Potatoes
- Snap Peas
- Spinach
- Turnips



Safe Sleep

Learn the 6 Steps to Always Safe Sleep Baby
BIRTH TO ONE YEAR



OCTOBER is Safe to Sleep® SIDS Awareness Month

Research shows that there are several ways to reduce the risk of SIDS and other sleep-related causes of infant death:

- Always place baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS.
- Put baby to sleep in a separate sleep area in the same room where you sleep. If you bring baby into your bed to breastfeed, make sure to put him or her back into a separate sleep area, such as a safety-approved crib, bassinet, or portable play area when you are finished.
- Use a firm sleep surface, covered by a fitted sheet, to reduce the risk of SIDS and other sleep-related causes of death. Remove all loose bedding, crib bumpers, soft objects and toys.

For more information on the Safe to Sleep® campaign, go to: <http://safetosleep.nichd.nih.gov>

Keep Moving!

Falling Apples

All children can benefit from (and will likely enjoy) rolling, catching, kicking, dribbling, and tossing a ball—an inexpensive, readily available, and versatile toy. Playing with balls improves kids' motor skills, hand-eye coordination, and timing, which are important parts of the developmental progression of toddlers.

All balls for babies and toddlers should be large enough that they are not a choking hazard.

Make sure to be in an open area, so as not to run into or trip over things on the floor. Set out some soft balls. The number of balls will depend on how many kids you have and the amount of space you have to play. Tell the children the balls are “apples” falling from the tree. Toss the balls in the air and pretend to try to keep the “apples” from touching the floor.



Adapted from www.verywellfamily.com/why-your-child-should-be-playing-with-balls-289705

Harvest of the Month

Network for a Healthy California

The *Harvest of the Month* featured vegetable is

cooked greens



Health and Learning Success Go Hand-in-Hand

School meals can give students the nutrition they need to grow strong and healthy. Studies show that healthy students learn better. Help your child be healthy and do better in school by enrolling in a school meal program. Harvest of the Month encourages students to make healthy food choices and be physically active every day.

Produce Tips

- Choose leafy greens with fresh, full leaves.
- Avoid greens that have brown, yellow, spotted, wilted, or slimy leaves.
- Store greens in a plastic bag in the refrigerator for two to five days.
- Wash greens thoroughly before use.
- Cut stems from leafy greens immediately before cooking.
- Helpful Hint: Two cups of raw greens makes about a ½ cup cooked.

For more information, visit: www.choosemyplate.gov/myplate/vegetables/gallery/Dark-Green%20Vegetables

Healthy Serving Ideas

- Cook collards, Swiss chard, bok choy, and spinach for a mild or sweeter flavor.
- Cook arugula, kale, and mustard greens or a peppery flavor.
- Sauté collard greens with garlic, onions, tomatoes, and olive oil.
- Simmer greens in low-sodium vegetable or chicken broth until greens are tender and wilted.
- Stir-fry bok choy with carrots, corn, and red peppers for a colorful side dish.

SAVORY GREENS

Makes 6 servings. 1 cup each

Cook time: 30 minutes

Ingredients:

- 3 cups water
 - ¼ pound skinless turkey breast
 - ¼ cup chopped onion
 - 2 cloves garlic, crushed
 - ¼ teaspoon cayenne pepper
 - ¼ teaspoon ground cloves
 - ½ teaspoon dried thyme
 - 1 green onion, chopped
 - 1 teaspoon ground ginger
 - 2 pounds greens (mixture of collards, kale, turnip greens, mustard greens)
- Place all ingredients except greens 1. into large pot and bring to a boil. Prepare greens by washing 2. thoroughly and removing stems. Slice greens into bite-sized pieces. 3. Add greens to stock. Cook 20 to 30 4. minutes until tender. Serve hot.

Nutrition information per serving: Calories 69, Carbohydrate 10 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 9 mg, Sodium 267 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2009.*

For more recipes, visit: www.cachampionsforchange.cdph.ca.gov

Let's Get Physical!

At home:

- Start the day by dancing to alarm clock music.

At school:

- Walk to and from school or to after-school activities.*

With the family:

- Walk in your neighborhood – to the park, church, farmers' market, or grocery store.

October is International Walk to School Month. Ask your school how your family can participate.

For more information, visit: www.walkbiketoschool.org

Nutrition Facts

Serving Size: ½ cup cooked swiss chard (88g)	
Calories 18	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 157 mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2 g	
Vitamin A 107 %	Calcium 5%
Vitamin C 26 %	Iron 11%

How Much Do I Need?

- A ½ cup of cooked greens is about the size of one cupped handful.
- Most cooked greens are an excellent source of vitamin A, vitamin C, and vitamin K.
- They also have calcium, a mineral that helps the body grow strong bones and teeth.
- The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens & Adults, Ages 13+
Males	2½ - 5 cups/ per day	4½ - 6½ cups/ per day
Females	2½ - 5 cups/ per day	3½ - 5 cups/ per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

What's in Season?

California grown leafy green vegetables are available year-round. They may be fresher and cost less than varieties shipped from other states or countries.

Try these California grown varieties: bok choy, collard greens, kale, kohlrabi, mustard greens, spinach, Swiss chard, and turnip greens.

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 can own your house, or cars

You can have retirement accounts (IRA, 401K, Pension)

You can have money in the bank

You can be employed or unemployed

.....AND STILL QUALIFY!



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?

CalFresh	
Effective October 1, 2019	
Household Size	Monthly Income
1	2,082
2	2,820
3	3,556
4	4,292
5	5,030
6	5,766
7	6,502
8	7,240
Each Additional	+738

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 or stop by our office at 2379 Myrtle Avenue in Eureka and ask about CalFresh!

You can apply for CalFresh online. Visit www.c4yourself.com to apply today!

This newsletter is provided by **Changing Tides Family Services** in partnership with CalFresh.

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changing tides
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