



# Healthy Living for Every Season

Summer 2020

Dear Parents and Caregivers,

Due to COVID-19 concerns, CTFS offices are currently closed to the public. We can be reached by phone or email during our regular business hours, M-F, 8:30 a.m. - 12:00 p.m. and 1:00 p.m. - 5:00 p.m.

Now that local farmers' markets are open, you can use your P-EBT and/or your CalFresh EBT benefits at the farmers' markets and double your money with Market Match up to \$10 each time. To sign up for CalFresh go to [www.C4Yourself.com](http://www.C4Yourself.com) or [www.GetCalFresh.org](http://www.GetCalFresh.org).

Wishing you and your family a safe and healthy summer!

*The CalFresh Team at Changing Tides Family Services*

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**Arcata Plaza:**  
Saturdays, 9am to 2pm

**Eureka, Old Town**  
Tuesdays, 10am to 1pm

**Eureka, Henderson Center**  
Thursdays, 10am to 1pm

**Eureka Friday Night Market**  
On hold due to Covid-19

**Fortuna**  
Tuesdays, 3 to 6pm

**Garberville**  
Fridays, 11am to 3pm

**McKinleyville**  
Thursdays, 3 to 6pm

**Miranda**  
Mondays, 2 to 6pm

**Shelter Cove**  
Tuesdays, 11am to 3pm

**Willow Creek**  
Thursdays, 4:30 to 7:30pm

For current information about the farmers' markets visit:

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



## What's growing in the CTFS CalFresh Demonstration Container Garden?



## What's in Season Locally This Summer?

- |             |                |              |
|-------------|----------------|--------------|
| Artichokes  | Cucumber       | Peaches      |
| Arugula     | Eggplant       | Peas         |
| Asparagus   | Figs           | Radishes     |
| Basil       | Kale           | Raspberries  |
| Beets       | Leeks          | Strawberries |
| Blueberries | Lettuce        | Tomatoes     |
| Cabbage     | Melon          |              |
| Carrots     | Mustard Greens |              |
| Chard       | Napa Cabbage   |              |
| Cilantro    | Onions         |              |

Visit the American Heart Association for tips on eating more fruits and vegetables. [www.heart.org](http://www.heart.org)



Changing Tides Family Services' offices will be closed on

**Friday, July 3, 2020**  
**for Independence Day.**

## Keep Moving!

**Keep Kids Active** from [www.actionforhealthykids.org](http://www.actionforhealthykids.org)

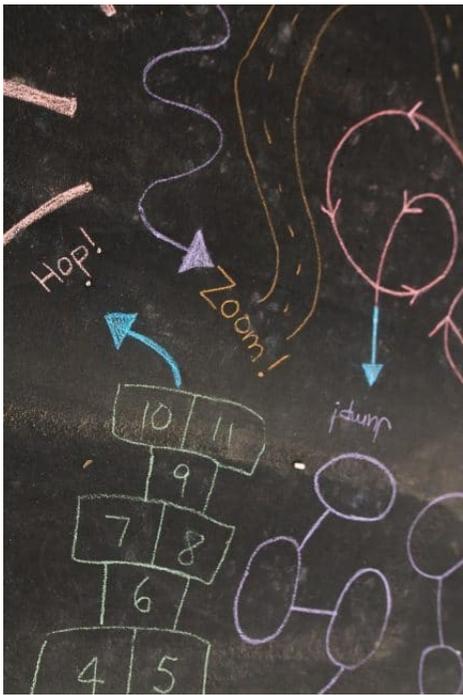
Activity: Group

Age: Pre-k and older

Skills: Gross motor and literacy

# Sidewalk Chalk Gross Motor Obstacle Course

From [www.handsonaswegrow.com](http://www.handsonaswegrow.com)



To create your own driveway gross motor obstacle course, you will need:

- Chalk
- Plenty of space on which to draw your obstacle course
- Don't have a driveway that is chalk-friendly? Consider making one long obstacle course on a section of sidewalk, or ask permission to create a course on pavement outside of your local library, playground, or school.
- Try drawing circles, rectangles, triangles, swirls and lines and adding some letters, numbers and words.
- Have kids jump and hop through the course.

### Add a Little Learning to Your Obstacle Course

Want to incorporate just the tiniest bit of literacy when doing this with early readers? Go ahead and write some easy-to-decode words such as "hop," "jump," and "end" or "stop" along the route.

Another fun option might be to add sight words or other simple words to the course. Have your child read the words when they land there or spell them out as they move.

If you use verbs or animal names, ask your child to make the animal's noise or do the verb's action as an extra challenge!



For other fun activities with chalk, visit <https://www.creatingreallyawesomefunthings.com/chalk-games/>

## Summer Recipes

### Zucchini Season!



#### Fun Facts:

The common zucchini is a close relative of the cucumber and the melon. It is a type of squash that comes from Italy. In fact, the name “zucchini” comes from the word “zucchini,” which means “small squash” in Italian. The largest zucchini on record was 69.5 inches long and weighed 65 pounds! It probably wouldn’t have tasted very good though. For the best flavor, always choose a small or medium sized zucchini.

To celebrate National Zucchini Day, plan a dinner menu full of this healthy vegetable! Grill it, bake it into bread, or add it to a salad. Bon appétit!

### Spiralized Zucchini and Grape Tomatoes

from [www.skinnytaste.com/quick-spiralized-zucchini-and-grape](http://www.skinnytaste.com/quick-spiralized-zucchini-and-grape)

Prep Time: 5 mins

Cook Time: 10 mins

Course: Lunch, Side Dish

Servings: 2

#### Ingredients

- 1/2 tablespoon olive oil
- 3 garlic cloves, chopped
- 3/4 lb grape tomatoes, cut in half
- pinch red crushed pepper flakes
- Kosher Salt and freshly ground black pepper, to taste
- 1 tbsp chopped fresh basil
- 1 large zucchini, spiralized



#### Instructions

1. In a large non-stick pan set over high heat, heat the oil.
2. Add the garlic and cook until golden, 30 seconds.
3. Add the tomatoes, and crushed red pepper flakes, and season with salt and pepper. Reduce the heat to low.
4. Simmer, covered, until the tomatoes soften, 15 minutes.
5. Increase heat to medium-high, stir in the zucchini and basil, season with salt and cook 2 minutes. Serve right away.

#### Nutrition Information:

Serving: 1cup, Calories: 117kcal, Carbohydrates: 20g, Protein: 4g, Fat: 5g, Sodium: 31mg, Fiber: 5g, Sugar: 2g



For more zucchini recipes, visit [www.eatfresh.org](http://www.eatfresh.org) and type in Zucchini in the search box.

## 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?

<b>CalFresh</b>	
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  
and ask about  
CalFresh!**

**You can apply online!  
Visit [www.c4yourself.com](http://www.c4yourself.com)  
or [www.GetCalFresh.org](http://www.GetCalFresh.org)**

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

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