



changing tides
family services

Healthy Living for Every Season

Winter 2020

Dear Parents and Caregivers,

During these challenging and uncertain times, people may feel more stress in their daily lives. Visit the Changing Tides Family Services' website at www.changingtidesfs.org and click on the Covid-19 page for resources for parents and families.

Below are some tips for practicing mindfulness as a family to help reduce stress and build healthy coping skills during the holidays and everyday.

Wishing you and your family a safe and happy holiday season and new year!

The CalFresh Team at Changing Tides Family Services



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Arcata Plaza Winter Market:
Saturdays
10am-2pm

'Tis the Season to be Mindful

From www.childmind.org

Due to COVID-19 concerns, Changing Tides Family Services' 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.
707-444-8293



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

12/21/20 - 12/25/20
Winter Holiday break

1/1/21
New Year's Day

1/18/21
Martin Luther King, Jr.

2/15/21
Presidents' Day

- * Squeeze Muscles: Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and notice how your body changes. Repeat exercise moving up your body.
- * Belly Breathing: Put one hand on your stomach and one hand on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate).
- * Mindful Meal: Pay attention to the smell, taste and look of your food. No multitasking.
- * Meditation: Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath.
- * Blowing Bubbles: Notice their shapes, textures and colors.
- * Coloring: Color something. Focus on the colors and designs.
- * Listening to Music: Focus on the whole song, or listen specifically to the voice or an instrument.

Keep Moving!



From Nutrition & Fitness Can Be Fun!

By The Learning Station

www.learningstationmusic.com/blog/2014/02/24/hokey-pokey-fruit-veggie-lyrics

A healthy twist to an all-time favorite dance song for kids!

This is a fun action, dance song for children. It promotes healthy food choices through music and movement. This children's dance song is perfect for preschool, kindergarten and lower elementary age children.

Directions: We used real fruits and vegetables. You can also use food models or pictures.

Lyrics:

You put your red fruit in; you take your red fruit out.
You put your red fruit in and you shake it all about.
You do the hokey pokey and you turn yourself around.
That's what it's all about!

You put your purple fruit in; you take your purple fruit out.
You put your purple fruit in and you shake
it all about. You do the hokey pokey and you turn yourself around.
That's what it's all about!

You put your green fruit in; you take your green fruit out.
You put your green fruit in and you shake
it all about. You do the hokey pokey and you turn yourself around.
That's what it's all about!

You put your yellow fruit in; you take your yellow fruit out.
You put your yellow fruit in and you shake
it all about. You do the hokey pokey and you turn yourself around.
That's what it's all about!

You put your orange fruit in; you take your orange fruit out.
You put your orange fruit in and you shake
it all about. You do the hokey pokey and you turn yourself around.
That's what it's all about!

Repeat with vegetables of assorted colors

Winter Recipes

January is National Soup Month!

Celebrate National Soup Month by trying some of the recipes at www.eatfresh.org. You can search by ingredient, cuisine, dietary needs, meal type and kid-friendly! Each recipe allows you to choose the number of servings and automatically adjusts the amounts for you. Eatfresh.org also offers meal plans that can be used to help you plan healthy meals and snacks for you and your family.

Hearty Vegetable Soup

from www.eatfresh.org

This is a delicious way to use up bits of vegetables and herbs you have in the fridge or freezer, even the ones that are wilted.

Prep Time: 10-15 mins

Cook Time: 40 mins

Course: Side or Main Dish

Servings: 4



What You Need

- Large pot
- Wooden spoon
- Cutting board
- Knife
- Measuring spoons
- Measuring cup

Ingredients

- 3 Tablespoons olive oil
- 1 Large onion diced
- 1 Teaspoon cumin
- 2 Medium potatoes diced
- 3 Tomatoes chopped
- 4 Cups vegetables such as carrot, zucchini or yellow squash, bell pepper, celery, asparagus, corn, peas, okra, green beans, spinach, kale, mushrooms, cabbage, or lima beans; chopped, fresh, frozen, or canned
- 4 Cups vegetable or chicken broth
- 2 Cups water
- Salt and pepper to taste
- ½ Lemon juiced

Instructions

1. In a stock pot, sauté the onion and celery (if using) in the olive oil until golden. Add garlic and cumin and cook a minute longer.
2. Add the potatoes (and any root vegetables such as carrots), tomatoes, broth, water, and oregano. Bring to a boil and simmer until the potatoes are tender.
3. Add the other vegetables and simmer until everything is soft.
4. Stir in lemon juice. Season with salt and pepper, to taste.

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, 2020	
Household Size	Monthly Income
1	2,128
2	2,874
3	3,620
4	4,368
5	5,114
6	5,860
7	6,608
8	7,354
Each Additional	+748

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
or www.GetCalFresh.org**

This newsletter is provided by
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