



## Healthy Victories March 2020

### Celebrate Healthy Victories!

Champions for Change are real people just like you. Champions make good health a priority for themselves and their families by making small changes in their diet and daily physical activity. Visit Del Norte CalFresh Healthy Living website and learn more about nutrition and physical activity resources and healthful tips. Let's celebrate healthy victories that lead your families healthier and happier!

[Visit Our Website](#)



#### Who is it for?

CalFresh is for people with low-income who meet federal income eligibility rules and want to add to their budget to put healthy and nutritious food on the table.

#### Expansion of CalFresh to SSI/SSP Recipients!

Beginning of June 1, 2019, recipients of SSI/SSP benefits may be eligible for CalFresh Food benefits for the first time! There is no change to the SSI/SSP monthly benefits. To learn more about this policy change, see the Expansion of CalFresh to SSI Recipients Partner Flyer. [SSI Recipients Partner Flyer](#)

For more information on how SSI recipients may apply for CalFresh Food benefits, visit [CalFreshFood.org](http://CalFreshFood.org)

If you have questions or problems with your CalFresh benefits, contact Del Norte County Health and Human Service website, [Del Norte County](#)

### Food Smarts for Parenting adults and kids



Food Smarts for parenting adults and kids, a five week nutrition workshop series was a huge success! We learned about how to set SMART healthy goals, how to get the whole families involved in cooking and excited about eating healthy foods, and how to be food smarts by creating meal plans, reading the labels, and budget smart shopping. We also learned about the importance of physical activities and sleep. 6 to 8 families participated in nutrition class , hands-on cooking demonstration, and recipe taste testing weekly. We enjoyed pot-luck style family dinner at the of each class. Local Champions for Change lead the workshops and encouraged us to make small changes such as making half of your plate with fruits and vegetables, drinking water and staying active throughout the day, being a food smart by reading labels, meal planning and budget shopping. These small changes lead to big healthy victories. Thank you to everyone and community partners who made this possible and successful!

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**Champions for Change**



We thank and honor our local Champions for Change! They believe changes are possible in every home and every community. They share their personal success stories and skills to motivate others to join in the movement for healthy changes. Champions for Change are real people just like you. Champions for Change make good health a priority for themselves and their families and want to inspire others make healthy changes for a better life. They talk the talk and walk the walk. Learn more about Champions for Change program, visit our website, [Delnorte Champions for Change](#). You too can become a Champion for Change!

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## Harvest of the Month - Cabbage

Harvest of the Month provides materials for students, families, and the community to engage in hands-on opportunities to explore, taste, and learn about the importance of eating fruits and vegetables and being active every day.

Resources provide the opportunity for collaboration among many partners and stakeholders, including educators, school nutrition staff, school administrators, students, parents, farmers, retail outlets, worksites, SNAP offices, after-school programs, and more—all of whom are striving toward the goal of increasing consumption of fruits and vegetables and increasing physical activity among low-income Californians.

Learn more about how Harvest of the Month works on the Monthly Elements page and by visiting our Training Corner.

[Monthly Elements](#)

# Harvest of the Month

Network for a Healthy California

The *Harvest of the Month* featured  
produce is **cabbages**

SAVOY CABBAGE



RED (PURPLE) CABBAGE



## Sauteed Cabbage

Cooked cabbage is low in calories and fat and high in fiber. A 1/2 cup of fresh or cooked cabbage is an excellent source of Vitamin C and Vitamin K. Cabbage is a coniferous vegetable that is rich in phytochemicals, which help boost immune system and help lower the risk of heart disease and certain types of cancer.

For budget friendly and healthy recipes, visit

[Eatfresh.org](http://Eatfresh.org)

[Sauteed Cabbage](#)

Seed To Supper Facilitator Training



# SEED *to* SUPPER

▶ — E — a beginner's guide to low-cost vegetable gardening — F —



LEARN HOW TO  
DELIVER OSU  
BEGINNING  
GARDENING  
CURRICULUM

**MARCH 7TH  
9:00-4:00**

**FRC OF THE  
REDWOODS**

494 PACIFIC AVE CRESCENT CITY



**FREE FACILITATOR TRAINING  
FOR GARDEN TEACHERS**

RSVP to Sunny Baker

Phone: (707) 464-3191 ext. 2830

sbaker@co.del-norte.ca.us

Or Online at: <https://forms.gle/CJ6x4RFW3UhyRCtt8>



Seed to Supper is part of Oregon Food Bank's work to build more food secure communities- places where all people at all times have access to enough food for a healthy life. Increasing community food security through programs in gardening, nutrition education, advocacy, and community organizing goes hand-in-hand with our work to help people living with low-incomes meet their short-term food needs. Garden Coalition hosts Seed to Supper Facilitator Training for garden teachers, educators, volunteers or anyone who desire to learn about Seed to Supper program. For online reservation for the Seed to Supper Facilitator Training, please fill out the form, [Seed to Supper Facilitator Training](#)



# MEET YOUR FARMER

**TUESDAY, MARCH 17TH 5:30-7:00**

FAMILY RESOURCE CENTER OF THE REDWOODS



*Come meet the farmers who grow food locally!*

## OCEAN AIR FARM

Located in Fort Dick, Ocean Air Farm is our major local vegetable producer, providing wide array of seasonal vegetables year round.

## ALEXANDRE FAMILY FARM

Milk, yogurt, eggs, and pork, Alexandre Family Farms provides Del Norte with local, organic dairy products.

## SEABREEZE FARM

Located in Klamath, Seabreeze Farms uses greenhouses to grow delicious peas, cucumbers, tomatoes, and more.

## LOCAL FARMER PANEL

DNATL Community Food Council will host a local farmer panel at our educational food council meeting. Come meet the farmers that grow food locally and learn about farming in Del Norte.

- Light Dinner Provided
- Childcare Provided

**FAMILY RESOURCE CENTER OF THE REDWOODS**  
494 PACIFIC AVE CRESCENT CITY 95531  
707-464-0955

**COMMUNITY FOOD COUNCIL**  
for Del Norte County and Adjacent Tribal Lands





THE HUMBOLDT PERMACULTURE GUILD'S  
22ND ANNUAL

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# Seed, Plant & Scion Exchange

March 28th, 2020

Arcata Community Center

11:00am - 4:00pm

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Suggested donation \$2-\$5

Lunch for sale by "Locally Delicious"

The Humboldt Permaculture Guild's present 22nd annual Seed, Plant & Scion Exchange on March 28th, 2020 at Arcata Community Center from 11:00 am-4:00 pm. For carpool from Crescent City, contact Community Food Council, Andrea Lanctot ; [alanctot@frcdwoods.org](mailto:alanctot@frcdwoods.org), 707-464-0955 X 2109

Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit [CalFreshHealthyLiving.org](http://CalFreshHealthyLiving.org) for healthy tips.

