

Welcome to The FOTM November Newsletter!



Navigating November: Food, Facts & Community

As the crisp air settles in and autumn leaves blanket the ground, November invites us to

pause and reflect. It's a season of gratitude, warmth, and togetherness.

In this month's newsletter, we're serving up a hearty helping of updates.



Giving Thanks, Together

Thanksgiving is more than a holiday—it's a heartfelt reminder to slow down, gather close, and appreciate the good in our lives. Whether you're sharing a meal with family, reconnecting with friends, or simply enjoying a quiet moment of gratitude, this season invites us to reflect on what truly matters.

Thanksgiving in Uncertain Times

As we prepare to gather around the table this Thanksgiving, many families are facing unexpected challenges. Due to the ongoing federal budget impasse, November SNAP benefits may be delayed, leaving millions unsure about how they'll afford groceries for the holiday.

This season, let's remember that gratitude grows stronger when shared. Whether you're giving, receiving, or simply reaching out, every gesture counts.

Important Update: SNAP Benefits On Hold

Due to the ongoing federal government shutdown, Supplemental Nutrition Assistance Program (SNAP) benefits will not be issued for November 2025 unless federal funding is restored.

This affects nearly 3 million New Yorkers who rely on food assistance to feed their families.

What New York State Is Doing:

Governor Kathy Hochul has announced:

- \$30 million in emergency food assistance to fund over 16 million meals statewide
- \$11 million in additional support for food pantries and hunger relief organizations
- Continued acceptance of SNAP applications and recertifications, though new approvals after November 1 may be delayed until federal funding resumes

For those affected by potential SNAP delays

Monitor updates:

Check [OTDA.ny.gov](https://www.otda.ny.gov) for the latest information on the status of November SNAP benefits, as updates will be posted on that website, myBenefits, and the ebtEDGE app.

Check your balance: You can check your current EBT balance at www.ebtEDGE.com or via the ebtEDGE app to see how much you have available.

Be prepared for delays: If benefits are delayed, OTDA will not mail letters but will provide updates via text message and the other channels mentioned above.



SNAP Alert

USDA
Supplemental
Nutrition
Assistance
Program

Putting Healthy Food
Within Reach

**Because of the federal
government shutdown,
November 2025 SNAP
benefits are on hold.**

Host Thanksgiving for 10 for just \$40.*

Only at ALDI.

- Whole Turkey
- Chicken Broth
- Condensed Cream of Mushroom Soup
- Evaporated Milk
- Hawaiian Sweet Rolls
- Miniature Marshmallows
- Cut Green Beans (x2)
- 100% Pure Canned Pumpkin
- Shells & Cheese (x2)
- Brown Gravy Mix (x3)
- Poultry Spices & Herbs
- French Fried Onions
- Pie Crust
- Chicken or Cornbread Stuffing (x2)
- Whipped Dairy Topping
- Yellow Onions (3 lbs.)
- Baby Peeled Carrots
- Celery
- Cranberries
- Sweet Potatoes (3 lbs.)
- Russet Potatoes (10 lbs.)

*Price assumes a purchase of ingredients for a meal for 10 people including a fully roasted turkey, rolls, cranberry sauce, mac & cheese, mashed potatoes & gravy, sweet potato casserole, green bean casserole, stuffing & pumpkin pie. Based on prices effective 10/15/25 - 12/24/25. Actual price will vary based on available products and your selection.

Local Help

In moments like these, community support becomes more vital than ever. Food banks and pantries across the country are stepping up to help fill the gap, offering essential resources to those in need. And for those looking to stretch

their holiday budget, Aldi is offering a full Thanksgiving meal for 10 people for just \$40—complete with turkey, sides, and dessert.

Food Pantries/ Mobile Markets - www.foodbanknyc.org

NYC Food Pantries - https://www.nyc.gov/site/dycd/services/food_pantries.page

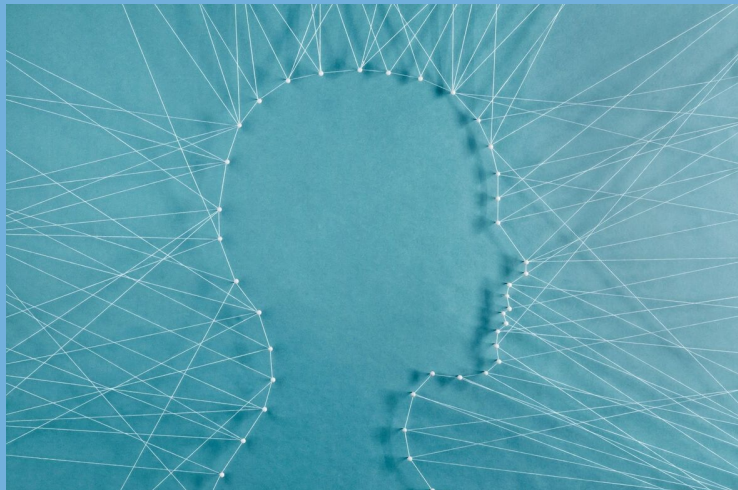
City Harvest - <https://www.cityharvest.org/>

Resources For Furloughed Federal Employees: <https://fotmny.org/news>

Mental Health Tips

Navigating Thanksgiving with Care

- Focus on connection, not perfection: A meaningful holiday doesn't require elaborate meals or decorations. Simple moments with loved ones matter most.



- Practice gratitude daily: Even small acts—like journaling three things you're thankful for—can shift your mindset and reduce anxiety.

- Set boundaries: It's okay to skip gatherings or conversations that feel emotionally draining. Protect your peace.

- Create new traditions: If your usual plans are disrupted, try something new—a walk, a virtual call, or a gratitude circle.

Coping with Shutdown Stress

- Stick to a routine: Structure helps restore a sense of control when external circumstances feel chaotic.
- Limit news exposure: Stay informed, but avoid doomscrolling. Choose reliable sources and set time limits.
- Seek support: Talk to friends, family, or a mental health professional. Free and low-cost services may be available through local clinics or community centers.
- Use mindfulness tools: Apps like Calm, Insight Timer, or YouTube meditations can help you manage stress and sleep better.

Resources to Explore

- [Mental Health First Aid Holiday Toolkit](#)
- [Managing Shutdown Stress PDF from BOP](#)
- [Crisis Text Line: Text HOME to 741741 for free, 24/7 support](#)



Fall Back & Fire Safety: Daylight Saving Time Ends November 2, 2025

As autumn settles in and the days grow shorter, it's time to prepare for the seasonal shift—Daylight Saving Time ends on Sunday, November 2, 2025, at 2:00 a.m. That means we'll be turning our clocks back one hour, gaining an extra hour of sleep and welcoming brighter mornings.

But this time change isn't just about adjusting your schedule—it's also the perfect reminder to check your home safety essentials.

What to Do This Weekend

- Set your clocks back one hour before bed on Saturday night
- Enjoy brighter mornings and a little extra sleep on Sunday
- Use the time change as a cue to check your smoke and carbon monoxide detectors

Change Your Batteries, Change Your Life

Fire departments nationwide recommend using the fall and spring time changes to replace batteries in smoke and CO detectors. It's a simple step that can save lives.

- Test each alarm to ensure it's working properly
- Replace batteries even if they seem fine—better safe than sorry
- Check the expiration date on your detectors (most last 8–10 years)

Tips for a Smooth Transition

- Gradually adjust your sleep schedule a few days before the change
- Get morning sunlight to help reset your internal clock
- Stick to consistent bedtimes and mealtimes

Whether you're savoring the extra hour or using it to tackle home safety tasks, this seasonal shift is a great opportunity to refresh your routine. Stay cozy, stay safe, and enjoy the light!

FOTM In The Community

Fall Wellness Festival

Program Coordinators and Advocates from the Astor campus proudly represented FOTM at the Fall Wellness Festival hosted by Hostos Community College.

Engaging with students and families, the team worked with a vibrant lineup of health-focused activities, including a blood drive, free health screenings, and exciting giveaways.

Their presence underscores FOTM's commitment to promoting wellness, connection, and access to vital resources in the heart of the Bronx.





Love On The Block

The Brooklyn and Queens Campus proudly represented FOTM at the Love on the Block event in Harlem—a heartwarming celebration of unity, healing, and empowerment. Designed to bring neighbors together, this community-

driven gathering sparked vital conversations around domestic violence awareness while offering a welcoming space to connect, socialize, and share resources.

Now Hiring Family & Youth Advocates — Be the Voice That Makes a Difference!



FOTM Current Vacancies:

NYCC Queens:

1 FT PFA

2 FT PYA

NYCC Bronx (Waters Place)

1 CAS PYA @ 14 hours

per week

RFK PS 169M:

1 PT PFA

To apply send a cover letter and resume to hr@fotmny.org

FOTM Employee Referral Program

We're excited to announce and remind

current staff of our Employee Referral Program!

Do you know someone who would be a great addition to our team? We want to hear from you!

Here's how it works:

Refer a qualified candidate for an open position.

If your referral is hired and remains employed for at least 6 months, you will receive a \$50 gift card as a thank-you for helping us grow our team.

How to submit a referral:

Send the candidate's resume and contact information to hr@fotmny.org. Be sure to note that you are making a referral so you can receive credit.

Help us build a stronger team while earning rewards!



FOTM

Families On The Move of New York City, Inc. (FOTM)

Yesterday, Today, Tomorrow...Families On The Move.

As we close out November, we recognize that this season has brought both warmth and worry. While Thanksgiving offered a moment to reflect on gratitude and connection,

the ongoing government shutdown has cast a shadow over many households, affecting livelihoods, services, and peace of mind.

In the face of uncertainty, we're reminded of the strength found in community, compassion, and resilience. Whether you celebrated with a full table or a quiet heart, your presence and perseverance matter.

As we head into December, let's carry forward the spirit of thankfulness—not just for what we have, but for the people who stand with us through challenging times. We'll continue to share resources, support, and updates to help you navigate what's ahead.

Stay safe, stay hopeful, and know that brighter days are on the horizon.

Kind regards,

Families On The Move of New York City, Inc.



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