

# Catholic Charities of San Bernardino & Riverside Counties

## CalFresh Healthy Living Program

### Our Mission

Catholic Charities of San Bernardino & Riverside Counties (CCSBRiv) provides compassionate social services that respond to the suffering of the vulnerable and those in crisis in our local communities. CCSBRiv fights poverty and its consequences, and strengthens families through the delivery of the following services:

- Emergency Food
- Housing
- Health Services
- Education
- Counseling Services
- Refugee & Immigration Services

### Where We Work

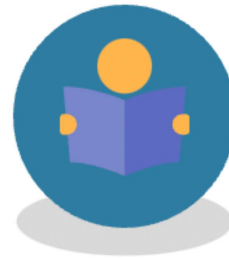
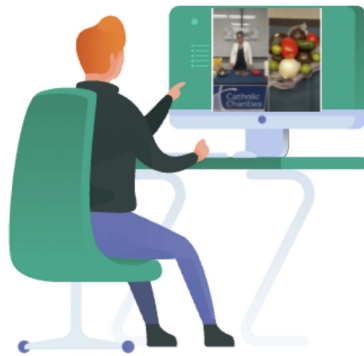


### Nutrition Education

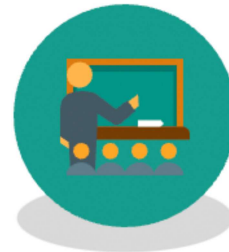
CCSBRiv's CalFresh Healthy Living (CFHL) Program educates and empowers low-income adults and seniors to make small behavior changes that can result in healthier lifestyles, including:

- Increasing consumption of fruits, vegetables, and whole grains
- Decreasing consumption of sugar-sweetened beverages
- Increasing the consumption of water
- Increasing physical activity
- Food resource management

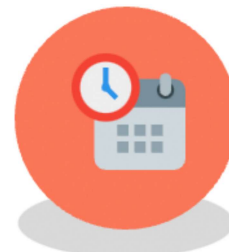
### Nutrition Education Evaluation Results & Reach



1,766 participants were reached through direct education



141 direct education sessions were offered



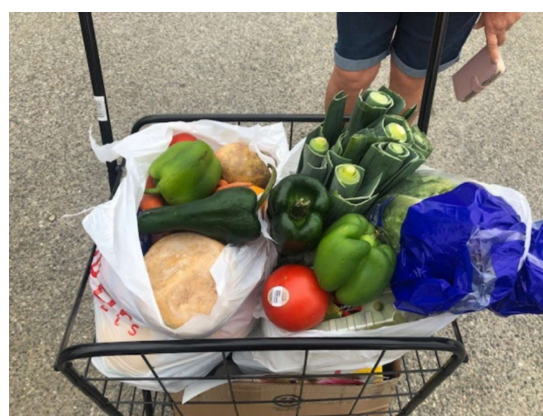
122 hours of direct education was delivered

# Policy, System & Environmental Changes

Comprehensive work includes policy, systems, and environmental strategies to make it easier for community members to practice healthy eating and active living. Through partnerships and collaboration, CCSBRiv participates in the following obesity prevention strategies that reach 105,000 low-income individuals:

- Nutrition Standards
- Healthy Pantry Projects
- Access to Physical Activity
- Food Security

CCSBRiv recruited 24 partners to assist in the implementation of these strategies.



## Program Contacts



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