

Mission

Catholic Charities of Orange County, (CCOC) provides service to people in need, promotes their voice in society, and calls the church and all people to do the same through the delivery of the following services:

- Nutrition Assistance
- Housing
- Disability Services
- Counseling
- Immigration Services



Serving
Orange
County



657-210-1307



CalFresh Healthy Living Team
cfhl@ccoc.org



www.ccoc.org



1820 E. 16th Street
Santa Ana, California 92701

CCOC

**Catholic
Charities of
Orange
County**

**CalFresh Healthy
Living**



Nutrition Education

CCOC's CalFresh Healthy Living (CFHL) program educates low-income adults and promotes healthy eating and active living that can result in behavioral changes for a 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

Food Resource Management



86% make a list of ingredients before shopping always or often

kcal

89% use nutrition facts label when shopping always or often

Vegetables



92% ate >2 vegetables at main meal every day or often



97% consumed 1+ cups of vegetables each day

Fruit



74% consumed the recommended 1.5 cups or more of fruit per day



93% ate more than one kind of fruit each day always or often

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, CCOC participates in the following obesity prevention strategies that reach 161,100 low-income individuals:

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

CCOC recruited 15 partners to assist in the implementation of these strategies.

