# Mission

Catholic Charities of Orange County 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:

- Health & Wellness Services (CalFresh Food, Medical, & CalFresh Healthy Living)
- Food & Diaper Distribution
- Counseling Services
- Citizenship & Immigration Services
- And more!







Call: 714-347-9623 Text: 714-347-9624



CalFresh Healthy Living Team healthwellness@ccoc.org



website:

ccoc.org



12141 S Lewis St, 12th Floor Garden Grove, CA 92840

## CCOC

### Catholic Charities of Orange County



## CalFresh Healthy Living



Funded by USDA SNAP, an equal opportunity provider and employer.

#### **Nutrition Education**

including:

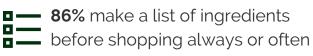
CCOC's CalFresh Healthy Living (CFHL) program educates low-income adults and promotes healthy eating and active living that can result in behavioral changes for a healthier lifestyle

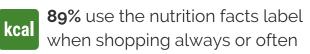
- Increasing consumption of fruits, vegetables, and whole grains
- Decreasing consumption of sugarsweetened beverages
- Increasing water consumption
- Increasing physical activity
- Food resource management





#### Food Resource Management





#### Vegetables



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

**97%** consumed 1+ cups of vegetables each day

### Fruit

**74%** consumed the recommended amount of 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 have reached 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.



