

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!



**Serving
Orange
County**



Call: 714-347-9623

Text: 714-347-9624



CalFresh Healthy Living Team
healthwellness@ccoc.org



website:
ccoc.org



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CCOC

Catholic Charities
of Orange County



CalFresh
Healthy Living

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

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 lifestyle including:


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




Nutrition Education Evaluation Results


Food Resource Management

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


 **89%** use the nutrition facts label when shopping always or often


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.

