

# CALFRESH HEALTHY LIVING



# 2023

## Evaluation Report





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## Acknowledgements

The Catholic Charities of California CalFresh Healthy Living Program is funded through a joint agreement between the U.S. Department of Agriculture – Food & Nutrition Services (USDA - FNS), the California Department of Social Services (CDSS) CalFresh Healthy Living branch, and Catholic Charities of California (CCC). These institutions are equal opportunity providers and employers. Thanks to the hard work of Catholic Charities of California Local Implementing Agencies (LIAs) and the evaluation efforts of the Catholic Charities of California Evaluation Team, this report demonstrates the impact of local CFHL work with low-income populations across 25 counties throughout the state of California. It presents evaluation results, images, and stories that testify to the good work and commitment of CCC-LIAs. These agencies deliver nutrition education, increase access to healthy eating and active living, and improve food security for vulnerable households in their communities. We thank you for your continued work and dedication.



# Program Overview

FFY 2023

## Direct Education



**18,569**

Total number of people who received CFHL education

## Indirect Education



**230,151**

Total number of people impacted by Indirect Education

## PSE Reach



**382,972**

Total number of people impacted by PSE work

## Single sessions



**1,279**

Total number of single session classes offered

## PSE Changes



**1,031**

Total number of PSE changes

## Series classes



**148**

Total number of series classes offered

## Program Sites



**169**

Total number of sites CCC LIAs did programming





## NORTHERN CALIFORNIA

Northern Valley Catholic Social Services (NVCSS) serves Butte, Glenn, Shasta, Siskiyou, Tehama, and Trinity counties

## CENTRAL CALIFORNIA

CC Fresno (CCFR) serves Fresno County. CC Monterey (CCMO) serves Monterey and Santa Cruz counties. CC Stockton (CCST) serves Stanislaus and San Joaquin counties

## BAY AREA CALIFORNIA

CC San Francisco (CCSF) serves San Francisco, San Mateo, and Marin counties. CC Santal Clara (CCSC) serves Santa Clara county. CC Santa Rosa (CCSR) serves Lake, Napa, and Sonoma counties. CC Yolo Solano (CC YoSo) serves Solano county

## SOUTHERN CALIFORNIA

CC Los Angeles (CCLA) serves Los Angeles county. CC Orange (CCOC) serves Orange County. CC San Bernardino & Riverside (CCSBRiv) serves San Bernardino & Riverside counties. CC San Diego (CCSD) serves San Diego and Imperial counties

# Direct Education



## Summary

Of the twelve CCC Local Implementing Agencies (LIAs) that delivered CFHL educational interventions in FFY 23, all participated in evaluation efforts to measure participants' behavior outcomes or their intent-to-change behavior. Those agencies delivered evidence-based curricula in a series or single session to adults and youth, addressing a range of topics including the five food groups, healthy beverages, portion sizes, food label reading, food resource management, and physical activity. All the curricula contained key messages and learning objectives. Interventions were participant-centered and tailored to be culturally and linguistically appropriate.

Each series ranged from five 30-minute sessions to six 60-minute sessions. Participants who attended a minimum of four classes in a series were asked to complete matched pre and post-test surveys that were analyzed to measure targeted behavior change. The *Food Behavior Checklist (FBC)* and an abbreviated version of the *Cooking Matters (CM)* survey were utilized among adults and older adults. The FFY 23 version of the *Eating and Activity Tool for Students (EATS)* survey was administered to youth in grades 4 through 12. The series classes were supplemented with CFHL-approved materials and interactive activities.

All 12 agencies conducted 30–60-minute single-session classes. Five agencies asked their participants to complete an *Intent to Change (ITC)* survey to measure participants' intent to begin practicing healthy behaviors that they were not practicing before the CFHL educational intervention.

All educational activities and policy, systems, and environmental change efforts completed by the LIAs addressed the Catholic Charities of California's state-level objectives to increase access and appeal for healthy foods and beverages, increase food security and resource management, and increase access and appeal for physical activity. Indicators that measure outcomes addressing these objectives were evaluated and are presented throughout this report.

# Approach & Methodology



The Catholic Charities of California Evaluation Team collaborated with each CCC LIA conducting direct education to design an evaluation plan customized to each agency’s CFHL interventions. Adults and youth participating in a series of direct education classes completed the pre-test at the beginning of the first class and the post-test at the end of the last class in the series. Adults participating in a 30 to 60-minute single-session education class completed a post-test only at the end of the class.

All of the adult and youth evaluation instruments were available in English and Spanish in both paper and online in the PEARS data collection platform. In FFY 23, the majority of direct education was conducted in-person, with a few collected via PEARS. This is in contrast to FFY 20-22 when limitations to face-to-face classes caused by COVID precautions resulted in virtual instruction and data collection via a PEARS-generated survey link. Agencies that delivered in-person interventions gathered paper surveys. The paper surveys were entered into Survey Monkey by the CCC Evaluation Team. Both the Survey Monkey and the PEARS Excel raw data files were exported into the Statistical Package for the Social Sciences (SPSS) where the data were cleaned and frequencies, cross-tabulations, t-tests, and Cohen’s d effect size measures were conducted. Survey tools used include the *Food Behavior Checklist (FBC)*, the *Eating and Activity Tool for Students (EATS)*, the *Intent to Change (ITC)* survey, and the *Cooking Matters (CM)* survey.

**TABLE 1 SUMMARY OF SURVEY COLLECTION BY LIA**

LIA	Survey Collection by LIA
CCFR	CC Fresno collected 37 adult surveys using the FBC.
CCLA	CC Los Angeles collected 165 adult surveys using the FBC. CC Los Angeles also collected 30 ITCs.
CCMO	CC Monterey collected 29 adult surveys using the FBC.
CCOC	CC Orange County collected 43 surveys using the FBC. CC Orange County also collected a total of 557 ITCs.
CCSBRiv	CC San Bernadino & Riverside collected a total of 2,510 ITCs.
CCSD	CC San Diego collected 149 ITCs.
CCSF	CC San Francisco collected a total of 67 youth surveys using the EATS.
CCSC	CC Santa Clara collected a total of 92 youth surveys using the EATS.
CCSR	CC Santa Rosa collected a total of 69 youth surveys using the High School EATS. CC Santa Rosa also collected 26 FBCs.

LIA	Survey Collection by LIA
CCST	CC Stockton collected 46 adult surveys using the FBC. CCST also collected 24 CM surveys and 1,471 ITCs.
CCYoSo	CC Yolo Solano collected 11 adult surveys using the FBC.
NVCSS	Northern Valley Catholic Social Services collected a total of 427 youth surveys using the EATS.

**TABLE 2 SUMMARY OF INSTRUMENTS FOR ADULTS AGED 18+ USED**

FBC	Cooking Matters	ITC	EATS
<ul style="list-style-type: none"> <li>Consists of four demographic questions, the original 15 FBC pre, and post-test healthy behavior change questions covering 13 MT1 and two MT2 behaviors, and also includes one eating habits self-rating question</li> <li>The CCC evaluation team added three MT1, three MT2, and two MT3 questions from validated sources to measure behaviors not covered by the original FBC</li> <li>Most questions are on a response scale of “No, Sometimes, Often, or Always”</li> </ul>	<ul style="list-style-type: none"> <li>Consists of four demographic questions and eight pre and post-test behavior questions, one question on cooking behavior, and one question on food preparation self-confidence</li> <li>Questions address four MT1 and four MT2 indicator outcome measures</li> <li>Questions address four MT1 and four MT2 indicator outcome measures</li> </ul>	<ul style="list-style-type: none"> <li>Consists of four demographic questions and 14 intent-to-change topics that address 15 ST1, two ST2, and one ST3 intent to change measures</li> <li>There are two intended behavior-related questions per topic asked at post-test only: “During the past week did you...” and “During the next week how often will you...”</li> <li>There is one open-ended question for comments</li> </ul>	<ul style="list-style-type: none"> <li>Survey is for youth grades 4 to 12, in elementary, middle, and high school settings</li> <li>Consists of 18 behavior questions and five demographic questions</li> <li>Behavior questions address 16 MT1 healthy eating, two MT3 physical activity indicator outcome measures, and one question related to sedentary behavior</li> <li>Questions ask students to recall the frequency of their consumption behaviors as of “yesterday” and the frequency of their physical activity “over the last week”</li> </ul>
<p>Agencies that used this survey included Catholic Charities of:</p> <ul style="list-style-type: none"> <li>CC Fresno</li> <li>CC Los Angeles</li> <li>CC Monterey</li> <li>CC Orange County</li> <li>CC Santa Rosa</li> <li>CC Stockton</li> <li>CC Yolo Solano</li> </ul>	<p>Agency that used this survey:</p> <ul style="list-style-type: none"> <li>CC Stockton</li> </ul>	<p>Agencies that used this survey included Catholic Charities of:</p> <ul style="list-style-type: none"> <li>CC Orange County</li> <li>CC San Bernardino &amp; Riverside</li> <li>CC San Diego</li> <li>CC Stockton</li> </ul>	<p>Agencies that used the 4-8<sup>th</sup> grade version of EATS included Catholic Charities of:</p> <ul style="list-style-type: none"> <li>Northern Valley Catholic Social Services</li> <li>CC San Francisco</li> <li>CC Santa Clara</li> </ul> <p>Agencies that used the High School version of this survey include Catholic Charities of:</p> <ul style="list-style-type: none"> <li>CC Santa Rosa</li> </ul>



## Direct Education Evaluation Tools

### **Cooking Matters (CM)**

*Cooking Matters* is a nationally recognized program whose curriculum uses hands-on cooking lessons and nutrition education to teach parents and caregivers to shop and cook healthy meals. The *Cooking Matters* pre and post-test evaluation instruments contained 4 MT1 healthy eating questions and 4 MT2 Food Resource Management questions. The survey also contains one question on attitudes towards cooking food and one question that measures healthy food preparation self-confidence levels.

### **Eating and Activity Tool for Students (EATS)**

The CCC FFY 23 version of the *Eating and Activity Tool for Students (EATS)* Survey for elementary/middle school grades 4 to 8 and for high school students grades 9 to 12 have the same MT1 Healthy Eating and MT3 Physical Activity questions. The EATS instrument was developed by the University of California Division of Agriculture and Natural Resources Nutrition Policy Institute in Berkeley. The EATS survey contains MT1 and MT 3 questions modified from the 2019 *School Physical Activity and Nutrition Project (SPAN survey)* developed by the University of Texas School of Public Health at Houston. Each CCC survey has questions related to healthy dietary behaviors, less healthy dietary behaviors, and physical activity. The tool also measures screen time behaviors and time spent using social media.

### **Food Behavior Checklist (FBC)**

The *Food Behavior Checklist* instrument was used to measure changes in adult behaviors across the MT1 Healthy Eating, MT2 Food Resource Management, and MT3 Physical Activity outcome indicators. Matched pre-and post-tests were gathered from course participants at the first and last class in the series using the 2010 version of the *Visually Enhanced Food Behavior Checklist* 16-questions instrument. Nine questions were added by the CCC Evaluation Team from validated sources in FFY 18 and updated in FFY 22. The validated FBC, plus CCC's eight supplemental questions, address 24 evaluation framework indicator outcome measures. As shown in *Table 3*, the CCC supplemental questions cover topics contained in the curricula used by CCC agencies but not addressed by the original FBC.

**TABLE 3 SUPPLEMENTAL MT1, MT2, AND MT3 QUESTION TOPICS**

Supplemental MT1 Questions	Supplemental MT2 Questions	Supplemental MT3 Questions
<ul style="list-style-type: none"><li>• Eating whole grains</li><li>• Drinking low-fat dairy products</li><li>• Drinking water</li></ul>	<ul style="list-style-type: none"><li>• Buying low-sodium foods</li><li>• Shopping with a list</li><li>• Buying low-sugar foods</li></ul>	<ul style="list-style-type: none"><li>• Moderate to vigorous PA</li><li>• Strengthening muscles</li><li>• Making small changes to be more active</li></ul>

### **Intent to Change (ITC)**

The *Intent to Change (ITC)* instruments address ST1 Healthy Eating, ST2 Food Resource Management, and ST3 Physical Activity goals and intentions indicators contained in the SNAP-Ed Evaluation Framework. The ITC instruments were developed by the UC-Food Stamp Nutrition Education Program (UC-FSNEP) task force to document the readiness of participants to make positive behavior changes after attending a one-time nutrition education session. They consist of 16 topic-specific surveys that address a variety of healthy behaviors, including consumption of fruits & vegetables, whole grains, and sweetened beverages, as well as physical activity behaviors.

Post-test-only data were gathered using the three-question survey from participants who completed a 30 to 60-minute single-session class. Depending on the topic, the ITC survey questions asks:

- whether the respondent did the healthy/unhealthy behavior in the past week
- whether the respondent will do the healthy/unhealthy behavior the same or more/less often during the next week



- In a comment box, respondents are prompted to describe how the class helped them or their family, what they learned in class, and whether they planned on making changes

The ITC Topics covered in FFY 23 are outlined in *Table 4*.

**TABLE 4 SUMMARY OF ITC AND THE SNAP-ED EVALUATION FRAMEWORK**

ITC MT1 Topics	ITC MT2 Topics	ITC MT3 Topics
<ul style="list-style-type: none"> <li>• Breakfast</li> <li>• 5-food groups</li> <li>• Fried food</li> <li>• Whole grains</li> <li>• Low-fat dairy</li> <li>• Portion control</li> <li>• Sugar-sweetened beverages</li> <li>• Fruits</li> <li>• Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Nutrition facts labels</li> <li>• Plan meals</li> <li>• Shopping with a list</li> <li>• Unit prices</li> </ul>	<ul style="list-style-type: none"> <li>• Physical activity – minutes</li> <li>• Physical activity – hours</li> </ul>



## Aggregated FBC Results

Across seven CCC LIAs, a total of 357 *Food Behavior Checklist* surveys were completed by adult participants who attended a minimum of four in-person nutrition education classes in a series. Ninety-seven percent of the surveys were collected pen-to-paper during in-person sessions. Three percent were completed by virtual education program participants via a PEARS-generated survey link. These percentages are nearly the reverse of what occurred during the COVID-19 pandemic period in FFY 20-22. The aggregated FBC results were compared with a control group of 93 adult congregants from five Catholic Charities LIAs who completed the *FBC* pre and post-test but did not receive the nutrition education intervention.

Completed paper surveys were submitted to the CCC Evaluation Team by the CCC local agency educators for data entry into SurveyMonkey and later imported into SPSS Version 28. The PEARS data was downloaded as Excel files and imported into SPSS for analysis. Subsequently, the data were cleaned, aggregated, and analyzed for frequencies, descriptive statistics, and paired-sample t-tests for measuring the level of significance. The analysis of statistical significance was conducted at the alpha = 0.05 and 0.01 levels of significance. A p-value of less than 0.05 indicates a statistically significant change.

### Adult Intervention Group

The intervention group consisted of 357 adult participants from CC Fresno (37), CC Los Angeles (165), CC Monterey (29), CC Orange County (43), CC Santa Rosa (26), CC Stockton (46), and CC Yolo-Solano (11). Among the adult participants, 80% were female and 20% male, 56% were ages 18-59, and 44% were age 60+. Ethnically, 80% were Latino, 14% Non-Latino, and 6% preferred not to answer. However, seventy-eight percent of the participants completed the Spanish version of the *FBC* and 22% completed the English version. Racially, 63% were White, 5% Asian, 2% Black, 2% American Indian/Alaska Native, 1% Hawaiian/Pacific Islander, and 27% preferred not to answer.

### Adult Comparison/Control Group

The comparison group consisted of 93 self-selected adults from CCC of Los Angeles (20), Fresno (23), Orange County (26), Santa Rosa (9), and Stockton (15) who completed matched pre-and post-tests but did not receive direct nutrition education. Among the 93 adult participants, 77% were aged 18-59 and 23% ages 60+. Seventy-four percent were female and 26% were male. Ethnically, 88% were Latine, 9% were not Latine, and 3% preferred not to answer. However, 72% of the participants completed the Spanish version of the *FBC* and 28% completed the English version. When asked about race, 53% indicated they were White, 4% indicated Black, and 3% Asian, 3% American Indian/Alaska Native, 37% “preferred not to answer” or did not respond to this question.

### Results for Aggregated FBC FFY23

Overall, as shown in the following tables, across the 16 MT 1 questions, 5 MT2 questions, and 3 MT3 questions, the adult intervention group

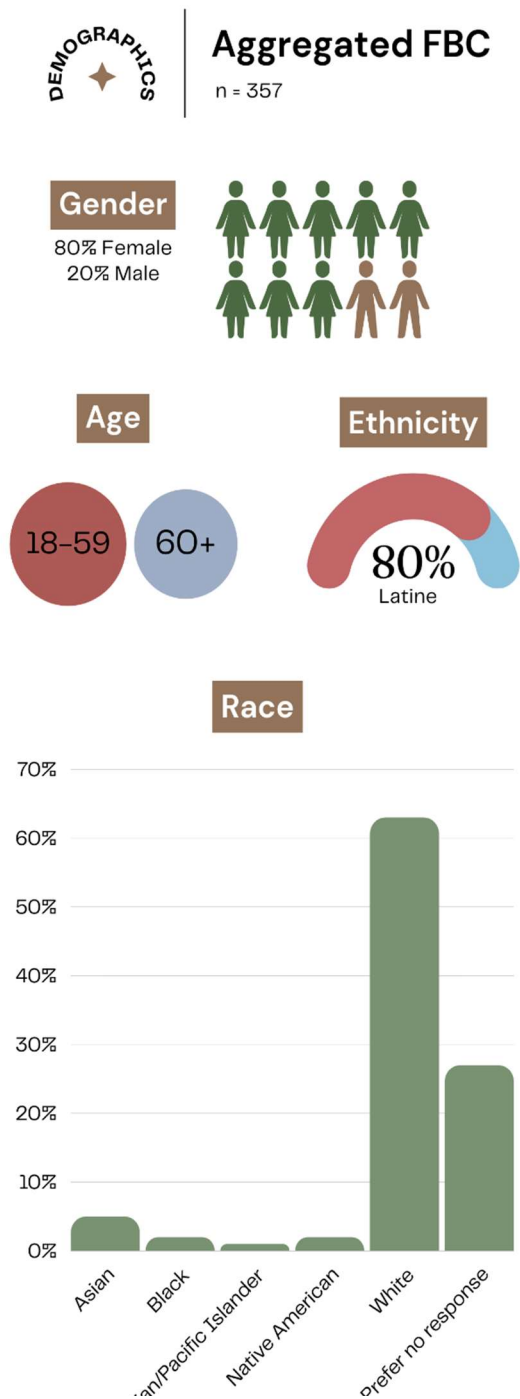


FIGURE 1 DEMOGRAPHIC RESULTS OF AGGREGATED FBC (N=357)

showed statistically significant Healthy Behavior changes ( $p < .05$ ) in 24 of the 24 questions compared to the control group that had five statistically significant changes. As shown in *Table 5* MT1 Healthy Eating Behaviors for Intervention Group and *Table 6*, the adult intervention group showed statistically significant changes ( $p < .05$ ) in improving their MT1 healthy consumption behaviors in 16 of the 16 questions compared to the control group who had statistically significant changes in three consumption behaviors. The CCC CFHL intervention group reduced consumption of sugar-sweetened beverages and significantly improved behaviors around increased fruits, vegetables, whole grains, and lean protein consumption. Indeed, participants increased consumption of fruits and vegetables by nearly one-half of a cup per day.

**TABLE 5 MT1 HEALTHY EATING BEHAVIORS FOR INTERVENTION GROUP**

FBC Intervention Group Questions N=357	Pre-Test Mean	Post-Test Mean	Diff	p-Value
Q1. Eat F&V as snacks	2.55	2.99	0.44	<.001
Q2. Drink sports drinks or punch	1.81	1.62	-0.19	<.001
Q3. Drink citrus fruit or juice past week	0.75	0.84	0.09	<.001
Q4. Drink regular soda	1.72	1.40	-0.32	<.001
Q5. Consumed milk in past week	0.67	0.77	0.10	<.001
Q6. Cups of fruit eaten per day	1.07	1.48	0.41	<.001
Q7. Cups of vegetables eaten per day	1.24	1.68	0.44	<.001
Q8. Eat different kinds of fruit daily	2.40	2.77	0.37	<.001
Q9. Eat more than one kind of vegetable daily	2.52	2.90	0.38	<.001
Q10. Drink milk	2.30	2.43	0.13	.003
Q11. Take skin off chicken	2.84	3.30	0.45	<.001
Q12. Consumed fish in past week	0.61	0.72	0.11	<.001
Q13. Eat 2 or more vegetables at main meal	2.53	2.86	0.33	<.001
Q20. Do you eat whole grain foods	2.31	2.70	0.39	<.001
Q21. What type of milk do you drink?	0.41	0.47	0.06	.031
Q22. Cups of bottled or tap water you drink each day?	1.86	2.18	0.31	<.001

Scale: Q1, 2, 4, 10, 13: 1= "No" to 4 = "Yes, Everyday". Q6 & Q7: 0 - 3. Q8, 9, 11, 14, 15: 1= "No" to 4= "Yes, Always"; Q3, 5, 12: 1= "Yes", 0= "No"

**TABLE 6 MT1 HEALTHY EATING BEHAVIORS FOR CONTROL GROUPS**

FBC Control Group Questions N=93	Pre-Test Mean	Post-Test Mean	Diff	p-Value
Q1. Eat F&V as snacks	2.53	2.75	0.22	.022
Q2. Drink sports drinks or punch	2.11	1.98	-0.13	.064
Q3. Drink citrus fruit or juice past week	0.74	0.68	-0.06	.181
Q4. Drink regular soda	1.93	1.67	-0.26	.002
Q5. Consumed milk in past week	0.72	0.69	-0.03	.657
Q6. Cups of fruit eaten per day	2.27	2.60	0.33	.013
Q7. Cups of vegetables eaten per day	2.46	2.60	0.14	.369
Q8. Eat different kinds of fruit daily	2.45	2.63	0.18	.088
Q9. Eat more than one kind of vegetable daily	2.53	2.66	0.13	.147
Q10. Drink milk	2.29	2.34	0.05	.572
Q11. Take skin off chicken	2.81	2.82	0.01	.919
Q12. Consumed fish in past week	0.59	0.57	-0.02	.734
Q13. Eat 2 or more vegetables at main meal	2.40	2.38	-0.02	.820
Q20. Do you eat whole grain foods	2.59	2.53	-0.06	.500
Q21. What type of milk do you drink?	0.35	0.44	0.09	.052
Q22. Cups of bottled or tap water you drink each day?	2.59	2.53	-0.07	.304

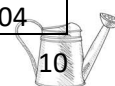


Table 7 and Table 8 show that among the two MT2 Food Resource Management Behavior questions, the intervention group showed a statistically significant decrease in running out of food before the end of the month and an increase in four smart and healthy food shopping behaviors. The comparison group showed significant increases in reading nutrition labels and in making a shopping list.

**TABLE 7 MT2 FOOD RESOURCE MANAGEMENT BEHAVIORS FOR INTERVENTION GROUP**

FBC Intervention Group Questions	Pre-test Mean	Post-test Mean	Diff	p-value
Q14. Read nutrition facts when shopping	2.14	2.86	0.72	<.001
Q15. Run out of food before month end	1.83	1.68	-0.15	.003
Q23. Make a list of ingredients before grocery shopping?	2.26	2.77	0.50	<.001
Q24. Buy foods with lower added salt/sodium?	2.24	2.67	0.43	<.001
Q25. Buy foods with lower added sugar or no added sugar?	2.24	2.70	0.46	<.001

Scale: Q14 and Q15: 1="No" to 4="Yes, everyday"

**TABLE 8 MT2 FOOD RESOURCE MANAGEMENT BEHAVIORS FOR INTERVENTION GROUP**

FBC Control Group Questions	Pre-Test	Post-Test	Diff	p-value
Q14. Read nutrition facts when shopping	1.85	2.30	0.45	<.001
Q15. Run out of food before month end	2.10	2.07	-0.03	.734
Q23. Make a list of ingredients before grocery shopping?	2.02	2.34	0.32	.010
Q24. Buy foods with lower added salt/sodium?	2.01	2.18	0.17	.112
Q25. Buy foods with lower added sugar or no added sugar?	2.09	2.10	0.01	.916

Scale: Q14 and Q15: 1="No" to 4="Yes, everyday"

Table 9 and Table 10 show a statistically significant increase of nearly one full day in moderate to vigorous physical activity among the intervention group as compared to the control group which showed no change. The intervention group also had nearly three-fourths of a day increase in working out to strengthen muscles compared to the control group. Finally, the intervention group also showed a statistically significant increase in making small changes to be active compared to the control group.

**TABLE 9 MT3 PHYSICAL ACTIVITY AND REDUCED SEDENTARY BEHAVIORS FOR INTERVENTION GROUP**

FBC Intervention Group Questions	Pre-test Mean	Post-test Mean	Diff	p-value
Q17. In the past week, how many days did you exercise for at least 30 minutes?	2.81	3.62	0.82	<.001
Q18. In the past week, how many days did you work out to build and strengthen your muscles?	1.59	2.28	0.70	<.001
Q19. How often do you make small changes to be active?	3.10	3.64	0.54	<.001

Scale: Q17 and Q18, 0 to 7 days. Q19 1= "Never" to 6= "Always"

**TABLE 10 MT3 PHYSICAL ACTIVITY AND REDUCED SEDENTARY BEHAVIORS FOR CONTROL GROUP**

FBC Control Group Questions	Pre-test Mean	Post-test Mean	Diff	p-value
Q17. In the past week, how many days did you exercise for at least 30 minutes?	2.79	2.42	-0.37	.101
Q18. In the past week, how many days did you work out to build and strengthen your muscles?	1.73	1.44	-0.29	.156
Q19. How often do you make small changes to be active?	3.06	2.97	-0.09	.502

The above aggregated FBC results show the positive impact that the CCC agencies have in helping their CFHL participants to learn and practice healthy food consumption, food resource management, and physical activity behaviors. However, it was very unusual to find that the comparison group showed significant changes across five behaviors. When the evaluation team discussed these odd findings, a pattern emerged among the behavior changes observed within the control group such that eating more fruits and vegetables as snacks and drinking less regular soda requires fewer complex behaviors than daily planned physical activity and going out to purchase healthy foods at the local supermarket, which did not have significant behavior changes. Additionally, the participants were volunteers for these comparison groups and were contacted by an educator who knows the local community very well and is often highly respected. In this respect, it may not be too surprising if participants answer questions in a manner that they think seems logical or will please the educator. Given the above, it is not unlikely that social desirability bias may be operating among this comparison group. Early in FFY 24, the CCC Evaluation Team will review and update its comparison group recruitment and survey administration instructions developed for Catholic Charities educators to include methods for helping to reduce social desirability bias among its participants.

The *Indicators of Success* on the next page summarize the post-test percent data points that highlight the statistically significant positive behavior change findings for the 357 adult participants who completed the pre- and post-test FBC survey. The data points are consistent with MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

# INDICATORS OF SUCCESS

\*Statistically significant behavior changes in the pre/post test analysis

## Fruits & Veggies

**85%\*** ate at least 1 cup or more of fruit per day

**58%\*** eat more than one kind of fruit each day, always or often

**84%\*** had citrus fruit or juice sometimes or always



**89%\*** ate at least 1 cup of vegetables each day

**67%\*** eat more than 1 kind of vegetable each day, always or often

**62%\*** eat 2 or more vegetables at main meal every day or often

## Drink Choices

**95%\*** either do not drink or only sometimes drink regular soda

**67%\*** do not drink regular soda

**89%\*** either never or only sometimes drink sugary sports drinks or punch



**43%\*** drink milk often or everyday

**82%\*** drink 4 or more cups of water every day

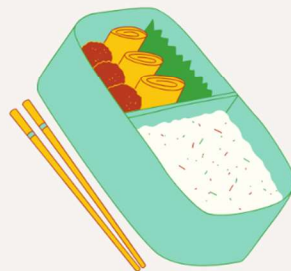
**36%\*** drink 8 or more cups of water every day

## Nutritious Choices

**77%\*** take the skin off of chicken, always or often

**72%\*** ate fish during the past week

**56%\*** buy foods with lower added salt/sodium, always or often



**59%\*** eat whole grain foods, often or everyday

**67%\*** eat fruit and vegetables as snacks, often or every day

**57%\*** buy foods with lower added sugar or no sugar, always or often

## Healthy Habits

**86%\*** never or only sometimes run out of food before the end of the month

**63%\*** use the nutrition facts label when shopping, always or often

**60%\*** make a list of ingredients before going grocery shopping, always or often



**73%\*** exercise the recommended 30 minutes+ at least 3 days each week

**61%\*** do the recommended 2 days+ of muscle strengthening exercises

## Aggregated EATS Results

A total of 659 *Eating and Activity Tool for Students* surveys were gathered across four CCC regions: Northern Valley Catholic Social Service (431) in grades 5 through 8, CC San Francisco (67) in grades 4 through 8, CC Santa Clara (92) in grades 4 through 6, and CC Santa Rosa (69) in grades 10 through 12. Among the 659 youth, the ages ranged from 9 to 19 with a mean age of 12.1. 51% percent were boys, 44% were girls and 5% preferred not to answer. Ethnically, 60% were Latine and 40% were Non-Latine. Racially, 25% indicated White, 17% Asian, 5% Black, 19% American Indian/Alaska Native, 1% Hawaiian/Pacific Islander, 22% Other, and 11% of the students did not answer the race question.

51% percent of the students used Chromebook tablets to complete the EATS survey via a link to the Survey Monkey online platform and 49% completed the survey pen-to-paper. All of the EATS questions in Survey Monkey contained the same images and response options as the paper version to maintain survey validity.

As shown in *Table 11*, the evaluation results showed statistically significant healthy behavior changes across five questions. Reflecting on what they consumed “yesterday”, the youth participants indicated a significant increase in the consumption of starchy vegetables, orange vegetables, salad and other green vegetables, and in drinking 100% fruit juice. There was also a significant decrease in the drinking of flavored milk, or coffee/tea-flavored sugary drinks yesterday.

Although it was not a statistically significant increase, an encouraging behavior among the youth participants was that 80% indicated they ate fruit one time or more yesterday. There were no statistically significant decreases in the drinking of regular soda, energy drinks, or fruit-flavored drinks, but encouragingly, 59%, 85%, and 67% of respondents, respectively, indicated they did not drink any of those sugary beverages yesterday.

The youth respondents showed a statistically significant increase, by one-half of a day from 4.05 days to 4.51 days, in doing physical activity for 60 minutes or more per day. In addition, consistent with U.S. Physical Activity Guidelines for Americans, 79% of the 659 respondents indicated they did physical activity for 60 minutes at least 3-days a week and 28% indicated they did physical activity 7 days a week. However, there was no significant decrease in sedentary behavior screen time as 65% of the youth spent three hours or more playing video games, watching TV, or surfing the web per day.

**TABLE 11 AGGREGATED EATS YOUTH SURVEY RESULTS (N=659)**

Questions - “Yesterday did you:”	Pre-test Mean	Post-test Mean	Diff	p-value
1. eat any starchy vegetables?	0.56	0.69	0.13	.003
2. eat any orange vegetables?	0.41	0.53	0.12	<.001



## Aggregated EATS

n = 659

### Gender

51% boys  
44% girls  
5% prefer no response



### Age

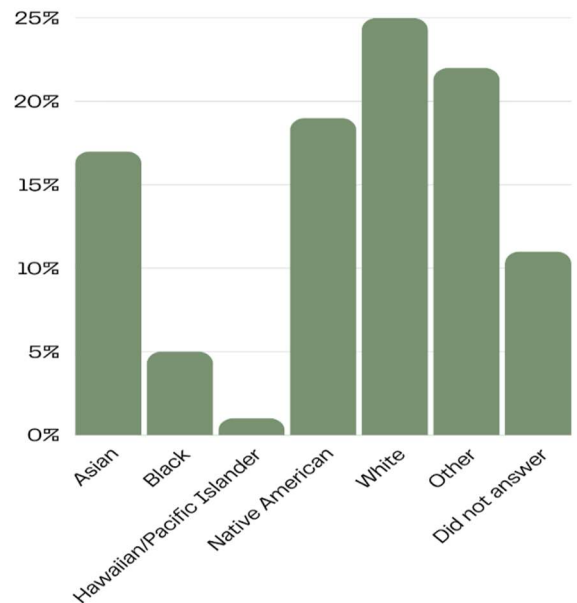
12.1

Average Age

### Ethnicity



### Race



**FIGURE 2 DEMOGRAPHIC RESULTS OF EATS (N=659)**



Questions - "Yesterday did you:"	Pre-test Mean	Post-test Mean	Diff	p-value
3. eat any salad or green vegetables?	0.73	0.85	0.12	.002
4. eat any other vegetables?	0.82	0.89	0.07	.085
5. eat any beans?	0.35	0.39	0.04	.272
6. eat any fruit?	1.88	1.97	0.09	.132
7. drink any fruit juice?	0.68	0.79	0.11	.007
8. eat any bread, tortillas, buns, that were brown (not white)?	0.95	0.88	-0.07	.114
9. drink any diet soda?	0.23	0.20	-0.02	.341
10. drink any punch, sports drinks, or other fruit-flavored drinks?	0.45	0.47	0.02	.562
11. drink any regular soda or soft drinks?	0.56	0.55	-0.01	.706
12. drink any energy drinks?	0.24	0.23	-0.01	.746
13. drink any sweetened coffee or tea drinks?	0.43	0.37	-0.06	.045
14. drink any flavored milk or milk-type drinks?	0.55	0.55	0.00	.924
15. drink any water?	2.50	2.50	-0.01	.832
16. What type of milk do you drink most of the time?	0.26	0.22	-0.04	.059
17. Number of days of vigorous physical activity for a total of at least 60 minutes per day last week?	4.05	4.51	0.46	<.001
18. Hours of screen time last week on a typical school day Monday through Friday.	3.42	3.36	-0.06	.357

† Question format: Q1-15: Yesterday, did you eat/drink \_\_\_: No, Yes 1 time, Yes 2 times, Yes 3 times or more?; Q16: Regular (whole) milk, 2% milk, 1% (low-fat) or fat-free (skim/non-fat) milk, Soy milk, almond milk, rice milk, or coconut milk, I don't drink milk, and I don't know; Q17: Monday – Sunday and did not do any exercise last week; Q28: Per day: less than 1 hour, 1 hour, 2 hours, 3 hours, 4 hours, 5 hours, 6 or more hours, I do not watch TV or play video games.

The *Foundations of Success* graphic on the next page shows both statistically\* and non-statistically significant encouraging behavior changes among the 659 youth participants who completed the pre and post-test EATS survey. The data points are consistent with medium-term indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

# FOUNDATIONS OF SUCCESS

Behavior changes in the pre/post test analysis

## Fruits & Veggies

**80%** ate fruit at least 1 time yesterday

**51%\*** drank 100% fruit juice at least 1 time yesterday

**47%\*** ate starchy vegetables at least 1 time yesterday



**57%\*** ate salad or green vegetables at least 1 time yesterday

**39%\*** ate orange vegetables at least 1 time yesterday

**55%** ate other vegetables at least 1 time yesterday

## Drink Options

**85%** did not drink any diet sodas yesterday

**59%** did not drink any regular sodas or soft drinks yesterday

**85%** did not drink any energy drinks yesterday



**73%** did not drink any sweetened coffee or tea drinks yesterday

**67%** did not drink any sport or fruit flavored drinks yesterday

**59%** did not drink any milk or flavored milk yesterday

## Nutritious Choices

**61%** ate corn tortillas or bread, tortillas, buns, bagels, or rolls at least 1 time yesterday

**28%** ate beans at least 1 time yesterday



**96%** drank water 1 time or more yesterday

**70%** drank water 3 times or more yesterday

## Healthy Habits

**79%\*** were physically active the recommended 3 days per week

**28%\*** were physically active for at least 60 minutes, every day of the week



**35%** spent the recommended 2 hours or less per day of recreational screen time

\* Statistically Significant Findings

## Aggregated ITC Results

A total of 4,755 *Intent to Change* (ITC) completed surveys were aggregated in FFY 23 from four CCC agencies across 16 single-session nutrition education topics.

## Evaluation Results

The results are separated across three types of behavior changes that correspond to the SNAP-Ed Evaluation Framework MT1 *Healthy Eating*, MT2 *Food Resource Management*, and the MT3 *Physical Activity* indicators. After the single-session nutrition education class, depending on the topic, participants were asked to indicate on the short survey if they intend:

- to do a healthy eating, drinking, or physical activity behavior more often
- to do an unhealthy eating or drinking behavior less often, or
- to do a specific food resource management behavior the next time they shop for food

The following tables summarize the aggregated data as follows:

- The first three columns show the amount of LIAs per topic, the survey topic question, the number who responded to the question, and the percentage not currently practicing the intended behavior.
- The last two columns show the number of respondents not currently practicing the desired behavior and the percentage of those participants who intend to change their behavior.

As shown in *Table 12*, across 2,793 respondents, the proportion of those not practicing healthy eating behaviors last week ranged from less than one-fifth (15%) to slightly more than half (52%). Across the seven questions, as shown in the last column, over half (51%) to nearly all of the respondents (91%) indicated that they intend to practice the healthy behavior over the next week. Overall, when the seven healthy eating behaviors were combined and analyzed, among the one-third (35%) of participants who were not practicing healthy behaviors, more than three-fourths (77%) indicated that they would practice the healthy behavior in the coming week.

**TABLE 12 MT1 INTENT TO CHANGE BEHAVIOR BY CONSUMING HEALTHY FOODS MORE OFTEN**

During the past week did you...	Number Surveyed	% Practicing the unhealthy behavior	# not practicing the healthy behavior	% who intend to do the unhealthy behavior "Less Often"
Eat foods from all 5 food groups each day?	1,732	40%	690	80%
Eat whole grain products every day?	355	20%	71	51%
Eat or drink lower fat milk products at least 2 times a day?	189	38%	72	71%
Eat more than 1 kind of vegetable each day?	179	18%	32	63%
Eat fruit at least 2 times a day?	135	52%	70	91%
Choose a smaller amount of food or beverage?	110	15%	16	69%
Eat a breakfast that includes at least 3 food groups?	93	16%	15	80%

COMBINED: During the past week did you eat healthy foods?	2,793	35%	966	77%
-----------------------------------------------------------	-------	-----	-----	-----

As shown in *Table 13*, among the 451 participants who answered two questions related to doing moderate physical activity whether it was for 2.5 hours last week or 30 minutes on 5 or more days, nearly one-third (30%) indicated that they did not practice moderate physical activity in the last week. However, among those respondents, two-thirds (67%) intend to engage in moderate physical activity over the next week.

**TABLE 13 MT3 INTENT TO CHANGE BEHAVIOR BY DOING PHYSICAL ACTIVITY MORE OFTEN**

During the past week, did you...	Number Surveyed	% <u>Not practicing</u> the PA behavior	# <u>not practicing</u> healthy behavior	% Not practicing the PA behavior who intend to do PA “More Often” within the next week
Engage in moderate physical activity for at least 2.5 hours?	66	26%	17	65%
Engage in moderate physical activity for at least 30 minutes on 5 or more days?	385	31%	119	67%
Combined Physical Activity minutes and hours in last week	451	30%	136	67%

As shown in *Table 14*, more than three-quarters (79%) of respondents who drank sweetened beverages daily in the past week reported that they would drink them less often within the next week. Similarly, nearly three-quarters (73%) of those who reported eating fast food in the past week and almost all (90%) of those who indicated that they ate fried food intend to do the unhealthy behavior less often. Overall, three-quarters (67%) of the 760 respondents from two LIAs reported practicing an unhealthy eating and drinking behavior in the past week. However, over three-quarters (79%) of all respondents intend to do an unhealthy behavior less often.

**TABLE 14 MT1 INTENT TO CHANGE BEHAVIOR BY CONSUMING UNHEALTHY FOODS AND BEVERAGES LESS OFTEN**

During the past week, did you...	Number Surveyed	% <u>Practicing the unhealthy behavior</u>	# <u>not practicing</u> healthy behavior	% who intend to do the unhealthy behavior “Less Often”
Drink a sweetened beverage every day?	625	70%	439	79%
Eat fast food?	56	46%	26	73%
Eat fried foods 2 or more times?	79	62%	49	90%
Combined consuming unhealthy foods in past week.	760	67%	514	79%

As shown in *Table 15*, approximately one-third (35%) of respondents did not plan meals before they went grocery shopping, and 43% did not make a list before they went to the store. However, slightly more than three-fourths (78%) indicated they intend to plan meals and most (84%) intend to make a shopping list before going to the store next time. While shopping, approximately one-third (36%) indicated that they do not use the nutrition facts label but three-fourths (75%) of the respondents indicated they will use it next time. Nearly one-third (32%) of respondents indicated

that they do not compare unit prices while grocery shopping. However, 80% of those said that they would the next time they went shopping. When the food resource management behaviors are combined, slightly more than three-fourths (78%) of the 228 respondents who were not practicing the smart shopping behaviors indicated that they would the next time.

**TABLE 15 MT2 INTENT TO CHANGE BEHAVIOR BY PRACTICING A SMART SHOPPING BEHAVIOR NEXT TIME**

The last time you bought food did you...	Number Surveyed	% not practicing the *FRM behavior	# not practicing healthy behavior	% not practicing the FRM behavior who indicated "Yes" they will do it the next time
Plan meals before going to the store?	238	35%	82	78%
Use the nutrition facts label to choose food?	232	36%	91	75%
Make a list before going to the store?	104	43%	45	84%
Compare unit prices before choosing foods?	31	32%	10	80%
Combined FRM behaviors in past week.	605	38%	228	78%

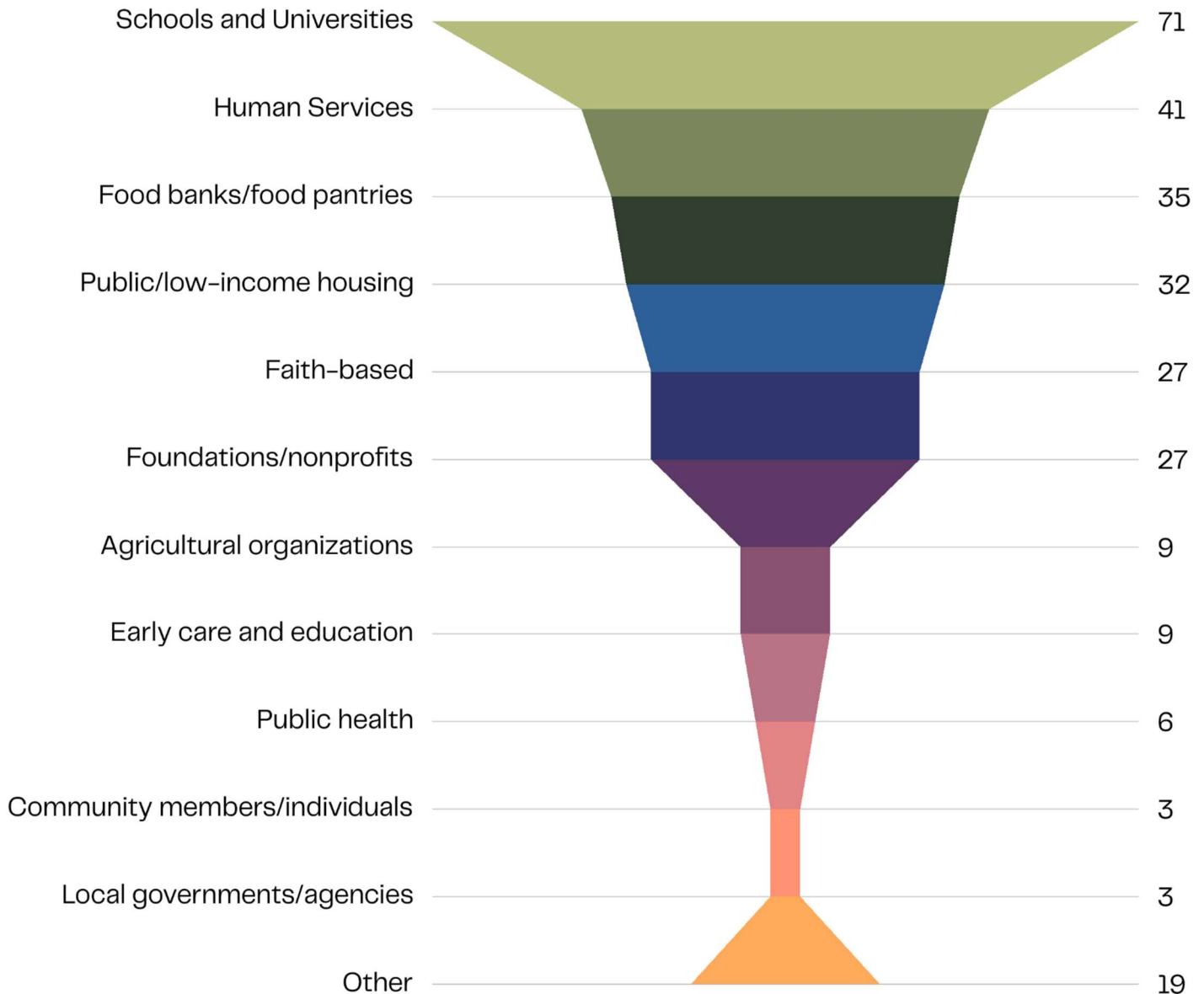
\*FRM: Food Resource Management behavior

### Summary

In summary, the above tables show that three-fourths (77%) of the single-session participants who were not practicing a healthy behavior left their educational session with the intent to practice a healthy eating behavior in the next week and two-thirds (67%) intend to increase their physical activity more often. In addition, nearly 80% intend to eat or drink unhealthy foods or beverages less often and slightly more than three-fourths (78%) intend to plan meals and practice smart shopping behaviors the next time they shop.

# Partnerships

Catholic Charities agencies leveraged their CFHL funding by partnering with faith-based communities, not-for-profit organizations, low-income housing authorities, congregate meal sites, schools, food banks, and Federal Food Assistance Programs to increase access to healthy food and physical activity opportunities. Partnerships with new traditional and non-traditional organizations and donor contributions helped the local agencies increase the value and success of their work by leveraging resources with in-kind contributions from the community. This synergistic effect allowed agencies to sustain and expand their impact.



# Indirect Education

## BY COUNTY

In FFY 23, Catholic Charities of California Local Implementing Agencies continued to complement their direct education and PSE activities with indirect education. Healthy messaging was incorporated throughout the programs to reinforce each agency’s multi-pronged effort of promoting both nutrition education and physical activity. Healthy messaging materials were distributed during food distributions and community events. Clients accessing the LIAs’ 29 food pantries received colorful handouts promoting an increase in fruit and vegetable consumption along with healthy recipes to help them use the produce and pantry items in their food bags. Agencies also hosted fun healthy eating and physical activity community events such as *Rethink Your Drink* events that focused on decreasing the consumption of sweetened beverages by offering tasty refreshments such as infused water and culturally relevant healthy snacks.

To make indirect education more engaging, one agency acquired a ‘Smoothie Bicycle,’ a stationary bicycle outfitted with a blender that worked when someone rode on the bike. Participants found this to be a fun way to create their own smoothies with produce from the food distribution while increasing their physical activity. Another agency collaborated with community partners to host a National Night Out event that offered activities for the whole family and an opportunity for kids to participate in painting colorful physical activity games on the site’s blacktop, while a local artist painted a building mural.

Some agencies augmented their healthy messaging by operating active CalFresh Healthy Living (CFHL) social media accounts, using the Facebook, Instagram, and YouTube platforms. Their colorful postings and videos reminded their followers to eat healthy, consume more fruits, veggies, and whole grains, and eat well-balanced meals while increasing their physical activity. Other posts invited the community to attend one of their CFHL nutrition education classes or participate in a community event. Their social media activities received nearly 47,000 views this fiscal year.



FIGURE 3 HEAT MAP SHOWING THE ANNUAL INDIRECT EDUCATION REACH BY COUNTY

# PSE Changes



## HEALTHY FOOD PANTRIES

In FFY 2023, 5 Catholic Charities LIAs initiated, maintained, or enhanced the availability of healthy food in 10 food pantry sites across California. Of these food pantry sites, 6 received NPP certification in FFY 2023.

## COMMUNITY GARDENS

In FFY 2023, 8 Catholic Charities LIAs collaborated with partners and volunteers to plan, plant, and maintain 56 edible gardens.

## HEALTHY PROCUREMENT

Nutrition standards established at each LIA helped direct the purchased and donated healthy products for food pantries that focused on fresh fruits and vegetables, whole grains, low-fat dairy products, lean protein, water, and 100% fruit juice.

## COMMUNITY PHYSICAL ACTIVITY

10 of CCC's agencies worked with over 5,200 CFHL youth and adults in FFY 23 through organized Zumba and Yoga classes, weekly walking and hiking clubs, and youth fitness activities.



# Healthy Food Pantry



## Introduction

Five Catholic Charities' Local Implementing Agencies initiated or maintained Nutrition Pantry Program certification in FFY 23 that enhanced the availability of healthy food in 10 food pantry sites across California. The Leah's Pantry Nutrition Pantry Program (NPP) provides a process for assessing food pantries for client-centered best practices. Through this process, six food pantries received NPP Certification in FFY 23.

## Catholic Charities of Fresno

In an effort to provide healthy food options for their clients, CCFR underwent a review of their policies and procedures in conjunction with the Leah's Pantry's NPP. The NPP addresses the policy, systems, and environment of a food pantry distribution to make it more client-centered. Due to staff turnover and the COVID-19 pandemic, CCFR engaged their current staff in the knowledge and processes of the NPP. New CalFresh educators attended the NPP trainings and CCFR will apply for Gold NPP Certification in FFY 24.

## Catholic Charities of Los Angeles

The CCLA St. Margaret's Center food pantry has maintained Gold Nutrition Pantry Certification from the Leah's Pantry NPP since FFY 19, thanks to dedicated pantry staff and volunteers. This certification is awarded to food pantries that uphold client-centered and health-focused changes. In FFY 23, families continued to benefit from the agency's NPP modifications that provide a welcoming environment for food pantry clients to shop for healthy, nutritious food for their families.

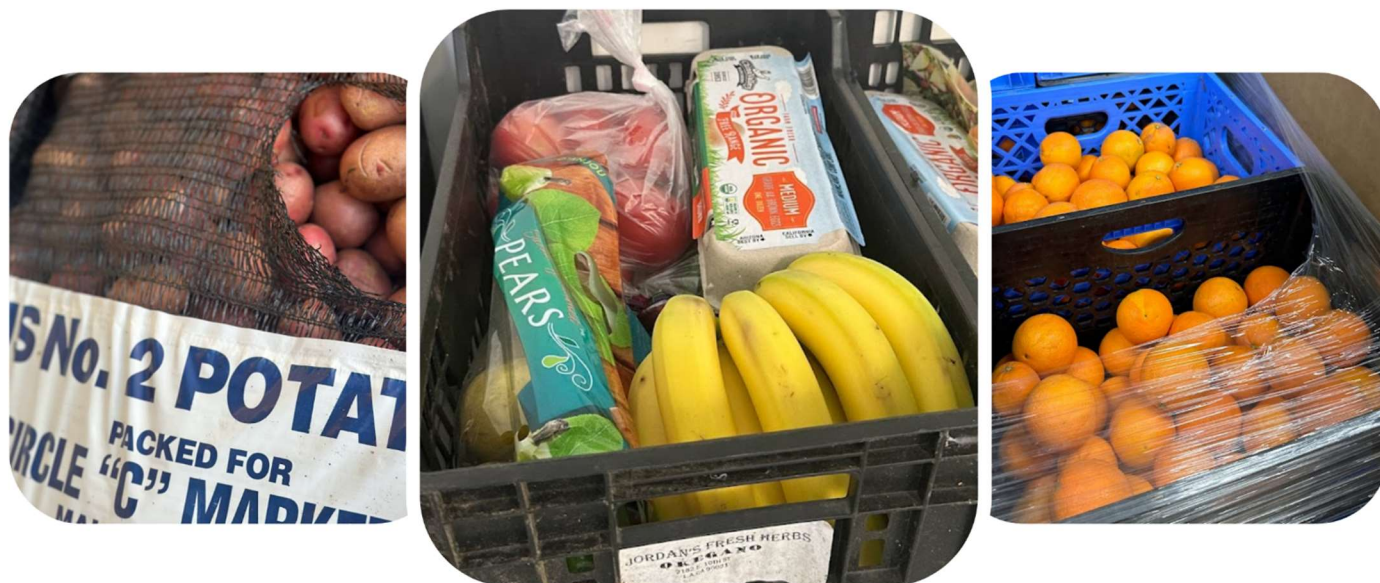
## Catholic Charities of San Bernardino & Riverside Counties

Beginning in FFY 19, CCSBRiv initiated a partnership with the Leah's Pantry NPP to assess their food distribution processes, needs, and goals in their seven food pantries. Goals and objectives included distributing and providing healthy materials (posters, hand-outs, and recipes) to support healthy food consumption and physical activity while increasing culturally and dietary-appropriate foods.

CCSRiv's Riverside Regional Center was the first site to work through the NPP process to assess and improve its food distribution to be more client-focused. In 2020, the center was awarded gold NPP certification. Following this success, the agency worked with an additional four food distribution sites to implement the NPP program in FFY 22 & FFY 23. Two achieved Gold NPP certification in 2022, and two additional food pantries will qualify for certification in FFY 24. The final two agencies will begin the NPP process in FFY 24.

### Catholic Charities of Santa Rosa

At the Palms Inn, CCSR continued to uphold their NPP Gold Certification in FFY 23 through established policies and procedures. They maintained nutrition standards, a client-choice model, and bundling and recipe pairing. Healthy foods were distributed through a partnership with the Redwood Empire Food Bank. Gleaned produce from a county-wide Farm-to-Pantry program supplemented the healthy food distributed. This site and the agency's four additional emergency food distribution sites follow an "80/20" policy, whereby 80% of all food donated or purchased must follow nutrition guidelines regarding saturated fat, sodium, and added sugars.



### Catholic Charities of Stockton

Collaborations and partnerships with organizations, donors, and local businesses have been a mainstay that has helped Catholic CCST significantly impact the community they serve. Since 2019, CCST has developed a client survey to gather insight into clients' dietary restrictions, preferences, and challenges that might limit their ability to cook pantry items. In FFY 23, a partnership with the local Emergency Food Bank provided funding for CCST to purchase more healthy food for their *Healthy Food Bag* program. Through these partnerships, more CalFresh eligible individuals and families had access to healthy food.

### Catholic Charities of Yolo - Solano

Throughout FFY 23, CCYoSo worked to improve the food pantry by focusing on food waste reduction and new procedures, such as composting dated produce. Additionally, nutrition messaging was available in English and Spanish for all pantry items, nutrition posters, and a bulletin board with information on upcoming nutrition classes were added along with tasty recipe tips. The newly revamped food pantry now operates like a grocery store. Clients move through aisles of groceries set up in MyPlate sections, e.g., protein, veggies, dairy, etc. On August 8, 2023, CCYoSo's food pantry was awarded Gold NPP Certification. In FFY 23, the staff developed an Operations Manual, a Volunteer Handbook, and Nutrition Policy Guidelines that included a letter to donors outlining nutritional guidelines for donated foods.

# Access to Healthy Food



## Introduction

In FFY 23, many Californians continued to struggle to feed their families. Inflation and high food prices made it challenging for families to purchase healthy foods. In FFY 23, Californians turned to the 29 emergency food pantries operated by seven CCC LIAs to help increase their food security. These agencies provided healthy food and fresh produce to nearly 843,239 Californians.

## Catholic Charities of Fresno

During the FFY 19 NPP process, CCFR introduced healthy options in their main office vending machine to increase access to healthy foods and beverages, including water. In FFY 23, they continued to uphold their healthy vending machine standards. The machine sold 416 healthy food and beverage options in FFY 23.

## Catholic Charities of Los Angeles

CCLA established a nutrition standards policy in FFY 17 for its three food pantries at St. Margaret's Center, Brownson House, and the San Juan Diego Community Center. CCLA is committed to providing the community with healthy foods, including fresh produce, whole grains, and canned goods with low sodium and low sugar. Partners adhering to these standards donated 64,615 pounds of produce between October 2022 and August 2023. In FFY 23, CCLA's food pantries served over 7,500 unduplicated individuals and families in need. CCLA also met the increasing community need through partnerships with the LA Regional Food Bank and donations from local stores enrolled in the Food Bank's Extra Helpings program.

## Catholic Charities of Orange County

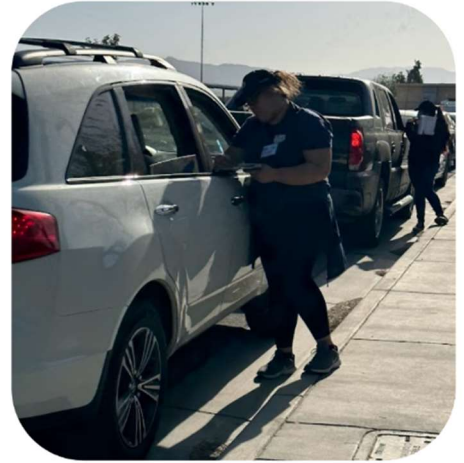
In FFY 23, the Doris Cantlay Food Distribution Center continued its seven years long commitment to healthy food and beverage procurement with the goal of providing those in need with access to fresh fruits and vegetables and healthy food options. The center served 739,700 duplicated clients throughout the year with a drive-thru and walk-up style distribution, an increase from the number of clients served the previous fiscal year. The center's healthy procurement

standards provide pre-bundled food, including non-perishable food options such as dried beans, lentils, and canned foods.

### Catholic Charities of San Bernardino & Riverside Counties

Adopted in FFY 16, the purchasing, procurement, and distribution of foods are guided by the CCSBRiv's Healthy Food Pantry Policy, which applies to their seven emergency food distribution centers across two counties. Staff are regularly trained to help enforce the policy, updated in December 2021. The policy focuses on purchased and donated fruits and vegetables, whole grains, dairy, lean protein, water, flavored water with no added sugar, 100% fruit juice, and milk or milk substitutes.

The agency's partnerships with food banks, schools, and individual donors helped increase CCSBRiv's healthy food offerings. Produce grown in the agency's three gardens, additional grants, and in-kind donations such as freezers to store frozen foods for distribution, also helped the agency leverage its funds. In total, CCSBRiv's seven emergency food distribution sites provided healthy food and produce to over 70,000 food-insecure adults, children, and seniors.



### Catholic Charities of San Francisco

CCSF continued its commitment to its nutrition standards for their after-school and summer programming. These new standards highlighted the importance of offering well-balanced meals, clean water, and nutrition education to help students make healthier choices. In FFY 23, CCSF implemented the refined nutrition standards at the agency's Maureen and Craig Sullivan Center. CCSF also created and established nutrition standards at the North Fair Oaks Library in San Mateo County this fiscal year. These updated standards helped establish a healthy set of rules around food and nutrition that reached approximately 460 students.



### Catholic Charities of Santa Clara

CCSC's nutrition standards reinforce the program's healthy procurement guidelines for its after-school initiatives and the Franklin McKinley School District's wellness policy. CCSC's healthy procurement guidelines are complemented by *Nutrition Walls* at each of their 11 CalFresh Healthy Living schools. The walls consist of large bulletin boards with colorful healthy-

messaging posters that support the healthy behavior goals of the CCSC program. Another key component to supporting healthy behaviors is to increase access to water. The *Nutrition Walls* and water posters were put on hold during the pandemic years of 2020 - 2023. CCSC plans to collaborate with the school district during the FFY 24 to post updated signage.

### Catholic Charities of Santa Rosa

CCSR formed an agency-wide Wellness Committee in 2016 to establish healthy food procurement policies for all foods distributed through its four rural distribution sites, four emergency shelters, two drop-in centers, affordable housing sites, and programs housed in the agency's two offices in Santa Rosa and Middletown. In FFY 23, CCSR worked to maintain the policy and assisted shelter kitchen staff with developing monthly healthy menus. CCSR also worked with two church pantries to ensure the distribution of healthy foods to the community.



In FFY 23, CCSR partnered with organizations to increase access and availability to farm fresh produce for their clients. For example, the partnership with the Redwood Empire Food Bank helped to distribute enough food for nearly 150,000 meals. In addition, all of the CCSR sites benefitted from an alliance with Farm-to-Pantry, a local volunteer gleaning organization. Each CCSR site receives approximately 100 pounds of fresh-picked fruits and vegetables weekly. The agency's Community Resource Center continued to offer Community Supported Agriculture, produce boxes for purchase at half price to CalFresh eligible clients, thanks to a partnership that provided a dollar-for-dollar match. In FFY23, CCSR added a senior home delivery project that provided home-bound seniors with about 50 lbs. of healthy food each month.



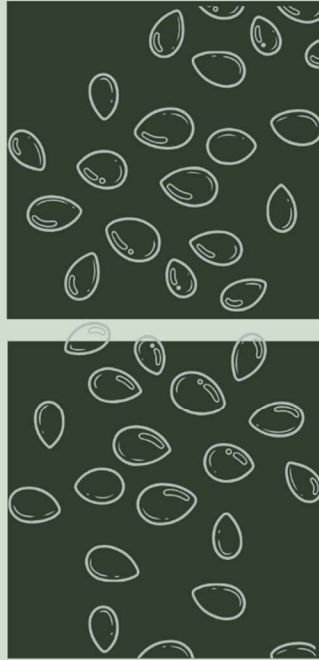
### Catholic Charities of Stockton

Since 2016, nutrition standards have guided healthy procurement and provided guidelines for CCST Food Bank donations. The agency has continued to improve its services, including the Healthy Food Bag Program, and coordinating with partners to provide higher-quality food to clients. The Healthy Food Bag Program offers pre-bagged and bundled food for food bank clients that is low in fat, sodium, and sugar and high in healthy grains.

### Northern Valley Catholic Social Services

In FFY 23, NVCSS reestablished nutrition and healthy procurement standards adopted in past years at 19 schools. NVCSS maintained nutrition standards at schools and early care education sites this fiscal year, reaching 2,260 children. In FFY 22, they pioneered a self-developed comprehensive approach to increase the availability of healthy food for school-age children attending Shasta County schools. The *Healthy Eat, Helping Hands* program includes students assisting in preparing healthy, ready-made meals for fellow food insecure students, hydroponic garden installations, campus Smart Systems Greenhouses, farm-to-table foods for student meals in the cafeteria, and financial literacy. Grants and donations help NVCSS leverage their funds to impact their seven-county service area significantly.

# Community Gardens



## Introduction

Community gardens help to increase access and availability of fresh fruits and vegetables. These gardens help CalFresh eligible families stretch their food budget. In FFY 2023, eight Catholic Charities LIAs collaborated with partners and volunteers to plan, plant, and maintain 56 edible gardens. The fresh fruits and vegetables gleaned from these gardens were used to supplement emergency food pantry distribution, conduct food demos, and prepare and serve healthy meals to the vulnerable populations served by these LIAs.

## Catholic Charities of Los Angeles

As part of its multi-year urban garden program, CCLA continued to maintain and revitalize edible gardens throughout Los Angeles County. In FFY 23, CCLA provided guidance and support to start, reinvigorate, or maintain four community and school gardens. Two community gardens grew a variety of fruits and vegetables that were used during nutrition class food demonstrations, and the excess was distributed to food pantry clients. The CCLA team delivered garden-based nutrition education to 3<sup>rd</sup> through 8th graders at the two school gardens where students gained hands-on knowledge about worm composting and how it benefits the garden. Students applied what they learned, including: how to keep up with their garden as the seasons change, when to rotate cool and warm-season crops, soil structure, and how to monitor and spot pests.

## Catholic Charities of Monterey

CCMO provides ongoing support for seven community gardens at low-income housing sites and local schools. The CFHL team assists with the purchasing of materials such as garden soil, seedlings, and tools, and Master Gardeners provide ongoing support for garden work. Partnerships with the housing residential coordinators and schoolteachers help maintain the gardens.

CCMO purchased their first Hydroponic Garden Kits in FFY 23. Hydroponic gardens increase access and availability of fresh fruits and vegetables through vertical gardens that use water rather than soil to grow food in a small space. CCMO began their first pilot garden in their home office. The pilot garden will prepare the CFHL staff for assisting some of the low-income apartments and schools they serve with their own hydroponic gardens. Future hydroponic harvests can be used by the residents and shared with the schools' cafeterias.



### **Catholic Charities of Orange County**

In FFY 21, CCOC laid the groundwork for a unique edible garden using metal planters placed on the blacktop behind the Doris Cantlay Food Distribution Center. Since then, CCOC has been able to continue incorporating the garden into its programming. In FFY 23, the garden grew to include 85 metal planters plus shelving units are maintained by the Garden of Hope Educator Coordinator, volunteers, and staff. The garden allows clients to have fresh produce from the garden in their food bag, and the joy of experiencing the difference in taste and freshness. Those interested in starting their own garden have the opportunity to learn how they can do it themselves. The food harvested from the garden is distributed to food pantry clients in biodegradable plastic bags made from corn the following day. In FFY 23, the winter and spring garden harvested a variety of fruits and vegetables, and herbs, totaling 1,253 pounds.

### **Catholic Charities of San Bernardino & Riverside Counties**

In FFY 23, CCSBRiv counties' three regional centers grew a bountiful variety of culturally relevant fruits and veggies, including radishes, peppers, onions, cilantro, okra, tomatoes, mixed lettuce, citrus, and herbs. The agency utilized the produce and herbs gleaned from the gardens to augment food distributed to their food pantry clients and in healthy food demonstrations. Onsite fruit and citrus trees grown at one of the centers provided abundant fruit, benefiting the families accessing the food pantry. Volunteers were critical to the success of the gardens as they assisted with planting, maintaining, and harvesting the crops and benefitted from the harvest.

### **Catholic Charities of San Francisco**

This fiscal year, CCSF purchased its first Hydroponic Gardening System. They set it up at one elementary school to serve as a pilot test and demonstration garden. Hydroponic gardens increase access and availability of fresh fruits and vegetables through vertical gardens that use water rather than soil to grow food in a small space. The vertical edible gardens can provide a larger yield than traditional agriculture. Hydroponic gardens are also beneficial in areas where warm days of sunlight are lacking or in urban areas. The first seed and transplanting occurred in September 2023, with help from the 4<sup>th</sup> to 8<sup>th</sup> grade students.

CCSF hopes that when produce is grown from the hydroponic gardening, any extra fruits and vegetables will go in a communal basket for students and their families. The garden will reach approximately 565 students at both sites during the next fiscal year.

### **Catholic Charities of Santa Rosa**

In FFY 23, CCSR collaborated with partners and volunteers to plant and maintain five edible community and school gardens. All were established gardens that were either revitalized or expanded. Volunteers were integral to the success of the gardens. Volunteers assisted with harvesting a large variety of fruits, vegetables, and herbs. At one temporary housing shelter, the garden helped improve the residents' fruit and vegetable intake as they enjoyed produce, like blueberries and strawberries, as a quick, healthy snack. Garden produce was also used in healthy meals prepared in the shelter's kitchen.

The school gardens yielded both garden produce and new collaborations. One partnership supplied irrigation equipment that was otherwise unaffordable. While another collaboration linked the garden program with the school's culinary program. Fresh from the garden produce will increase the availability for high school students and provide healthy meals.



## Catholic Charities of Stockton

Since 2019, CCST has partnered with Catholic churches, public schools, and early childhood education sites to establish edible gardens to provide communities with access to fresh fruits and vegetables. Interactive, hands-on learning was incorporated into lessons to enhance and reinforce learning, especially in early childhood education sites. In FFY 23, CCST focused on creating more opportunities for young children to learn where their food comes from and to get involved in gardening. The agency provided gardening lessons to the children at the Casa de Esperanza and Wysteria Head Start preschools. Children learned about different fruits and vegetables, read books about gardening, and planted seeds in the child-high garden beds.

In March 2023, planting in the CCST agency garden started. A small garden bed was purchased to harvest and distribute vegetables and herbs for food demos and distribution in the food bank. The first season of garden produce was successfully grown and gleaned. Mint from the garden was used to make infused water for the agency staff on Fridays to encourage staff to drink more water. Tomatoes from the garden were also used for a food demonstration during one of the nutrition classes. Additionally, chiles from the garden were harvested and distributed to food pantry clients.



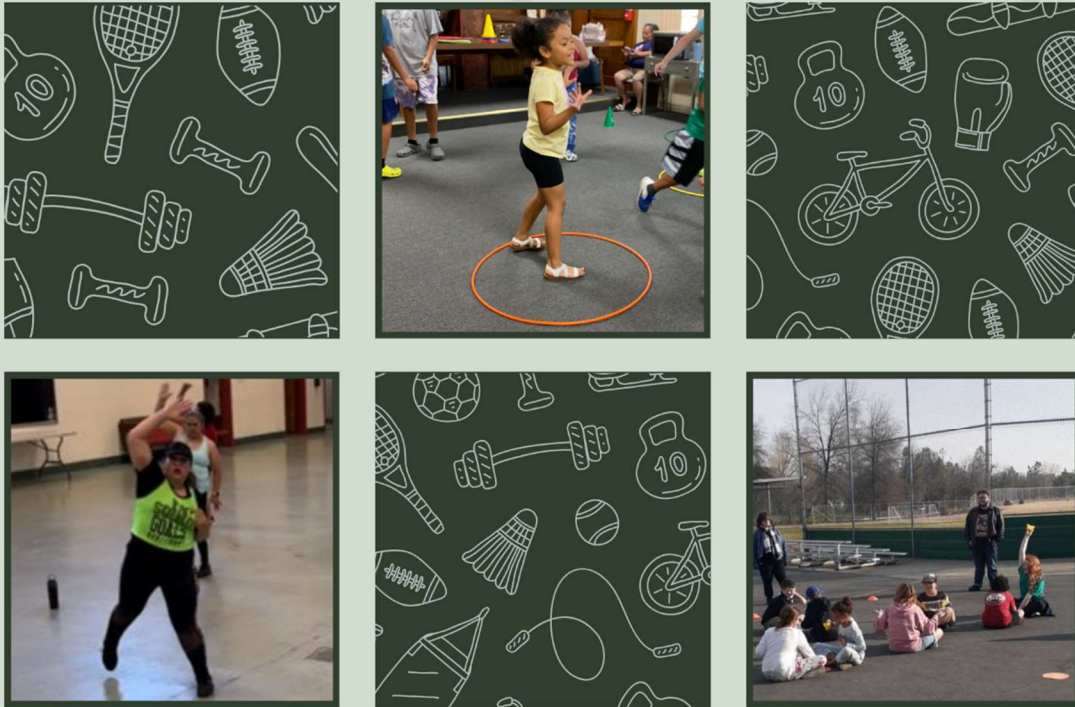
## Northern Valley Catholic Social Services

In FFY 21, NVCSS was awarded a USDA Turnkey Edible Garden Grant. The one-year funding allowed them to begin collaborating with seven low-income elementary schools in Shasta County to help establish, revitalize, or maintain edible gardens. By FFY 23, their garden partnerships grew to 25. These gardens are in schools, family resource centers, and early child care & education facilities throughout all six of NVCSS' CFHL-funded counties: Butte, Glenn, Shasta, Siskiyou, Tehama, and Trinity.

Before partnering with each site, NVCSS assesses the site using a CFHL-approved questionnaire to determine the needs and from that assessment. NVCSS supports the gardens by helping purchase soil and materials to plant and maintain the gardens. At some sites, NVCSS provides hydroponic gardening systems that produce a high yield in a small indoor space. NVCSS continues to use the produce harvested in the garden for on-site nutrition education and food demonstrations when possible.



# Access to Physical Activity



## Introduction

Ten of CCC's agencies worked with over 5,200 CFHL youth and adults in FFY 23 through organized Zumba and Yoga classes, weekly walking and hiking clubs, and youth fitness activities. Partnerships and in-kind contributions from organizations and community volunteers supported these programs. Physical activity promotion and physical activity availability were complemented by direct education series for youth, adults, and older adults, healthy messaging, and incentives for participation.

## Catholic Charities of Fresno

In FFY23, CCFR worked with multiple sites to increase opportunities for physical activity. Through inclusive Thai Chi classes, the agency has helped seniors at Silvercrest Retirement Residence be more active. Residents sit during the exercise, providing those who are wheelchair-bound with the opportunity to be physically active as well. In June, Silvercrest residents were polled and they responded that they wanted to learn yoga. A volunteer yoga instructor provided weekly, 1 hour low-impact yoga to the residents through the remainder of the fiscal year.

This fiscal year, CCFR partnered with the Oak Grove Commons Program Coordinator and a community champion to provide yoga exercise classes. An average of 16 participants attended the weekly classes. Additionally, the CFHL staff worked with St. Anthony Claret Church to connect them with a gym near the community and a volunteer to provide 1-hour Zumba classes twice a month. The volunteer Zumba instructor modified the music and movements during the sessions to create a more fun environment.

## Catholic Charities of Los Angeles

During FFY 23, CCLA engaged CalFresh Healthy Living community members in three walking clubs and a variety of fun physical activities. The Brownson House maintained its successful walking club. 24 participants met weekly to walk a one-mile- path around the Boyle Heights community when the weather permitted. Zumba was also offered four days a week, with 12 and 15 people participating daily. Sessions included innovative exercises like weightlifting using empty

food cans and PVC pipes and kickboxing. Determined participants continued to meet in a neighbor’s backyard when the center closed for remodeling for two months.

At the San Juan Diego Community Center, 15-20 community members met weekly to walk 3-4 miles when the weather was good. Participants have access to clean, filtered water and are offered fruits and vegetables to take home from the food pantry after each session. In the Ingleside area, the Lennox Park “Club de Caminata” began meeting virtually during the pandemic and have continued that approach via Zoom and the mobile application “WhatsApp.” CCLA also facilitated the operation of a newly formed walking club housed at the Curtis Tucker Health Center.

### Catholic Charities of Monterey

CCMO assisted low-income housing sites with creating healthier communities for their adult residents by providing no-cost access to physical activity. They developed walking paths at three multi-unit complexes and provided motivational signage to encourage participation. They also conducted lively 1-hour Zumba classes at three apartment sites and began offering yoga. Most classes took place in the apartments’ community room once a week after work hours to make it accessible for farmworkers. At one location, older adults with a variety of levels of physical abilities participated in *Bingocize*, that consists of low-impact exercises and stretches, while participating in a group game of bingo. Participants enjoyed the fun atmosphere while increasing their agility and fitness.

### Catholic Charities of Orange County

CCOC continued to find innovative ways to provide the community with physical activity opportunities. In FFY 23, they offered 30 minutes of in-person physical activity after nutrition education classes and 10-minute stretching and exercise sessions during virtual classes. Each session is tailored to the participants’ abilities and includes aerobic exercises like dancing for those interested in more intense workouts. Beyond offering 30 minutes of physical activity after nutrition education sessions, CCOC continued to share pre-recorded 30-minute exercise videos focused on stretching, low-impact exercises, strength training, and cardio through YouTube. The links are shared with clients via text. A total of 183 of the nutrition education class attendees participated in these exercise sessions.



### Catholic Charities of San Bernardino & Riverside Counties

CCSBRiv offered a variety of engaging physical activity opportunities at its regional and community centers in FFY 23. All direct education classes included a form of physical activity following nutrition education sessions. In addition,

individuals of all ages were invited to participate in fun physical activities at the agency’s three regional centers, that included Zumba and dance classes, children’s outdoor activities, chair exercises and stretching for older adults, yoga, and gardening opportunities that enabled participants to be active. In addition, the San Bernardino Regional Center’s walking group meets after nutrition education classes. Community members enjoyed the socialization and physical activity as they walked as a group around the neighborhood, with infused water provided in water bottles.

### **Catholic Charities of San Francisco**

In FFY 23, CCSF continued to partner with low-income Catholic schools to provide physical education through their Catholic Youth Organization (CYO) Athletic program. CYO staff bring these physical education opportunities to schools and work through the CFHL program to implement strategies to increase physical activity opportunities for youth, such as CATCH. The structured activities served about 725 children, providing safe, in-person physical activity opportunities to improve their physical and social wellness.

Colorful playground stencils are another component of the CATCH curriculum. Stencils placed on school blacktops encourage physical activity in a fun atmosphere. The stencils incorporated evenly spaced images of fruits and vegetables to encourage students to play relay games. CCSF has been consistently adding stencils to their three partner schools since FFY 20.



### **Catholic Charities of Santa Clara**

CCSC continued to provide youth with access to physical activity opportunities in FFY 23. The agency implemented engaging physical activity programs at its 11 CFHL-funded after-school sites and youth centers since 2017. Programming included Fit Kids, a conditioning and endurance program; H.I.T.S. (Honest, Inspiration, Teamwork, Sportsmanship), a tennis program; SCORES, a program aimed to empower youth through soccer, poetry, and community service learning; and First Tee, a youth development program that introduces golf to youth who otherwise might not have access to this sport. Annually, the sports partners provide equipment, and some offer training for agency staff. The 11 schools can choose two of the four physical activity programs to be implemented each year. In FFY 23, CCSC reached over 1,100 youth with opportunities to participate in this fun and engaging physical activity. In addition, four SNAP-Ed funded school sites provide the CFHL physical activity component throughout the summer.

### **Catholic Charities of Santa Rosa**

CCSR continued to offer opportunities to the community to participate in fun physical activities in FFY 23. At the Windsor Veterans Village, CCSR collaborated with the local community college that offered yoga instructor trainings. Students gained practice hours by teaching a 12-week yoga class at the Veterans Village that also included chair yoga for those less mobile older adults. The classes averaged 24 participants each week.

While encouraging physical activity and taking advantage of the beautiful Napa/Sonoma area, CCSR partnered to offer free Sonoma County Regional Park passes to residents at two low-income housing sites. At their newly opened Caritas Village, CCSR provided 40 families with park passes that enabled residents to access 60 beaches and hiking trails with their families. Residents of Ortiz Plaza, an affordable housing complex, were also able to frequent a nearby regional park with hiking trails thanks to the free park passes from CCSR.

### **Catholic Charities of Stockton**

In FFY 23, CCST continued to create safe physical activity opportunities for older adults. Staff members were trained in the *Matter of Balance* curriculum, a program consisting of eight two-hour classes with a group of approximately 8-12

participants. Trained coaches facilitate group discussions, role-play activities, exercise training, and more to reduce older adults' fear of falling, improve their activity levels, reduce fall risks in their homes, and increase their overall strength and balance. CCST staff plans to use the knowledge and skills gained in the *Matter of Balance* training to conduct classes for older adults in FFY 24.

### **Catholic Charities of Yolo-Solano**

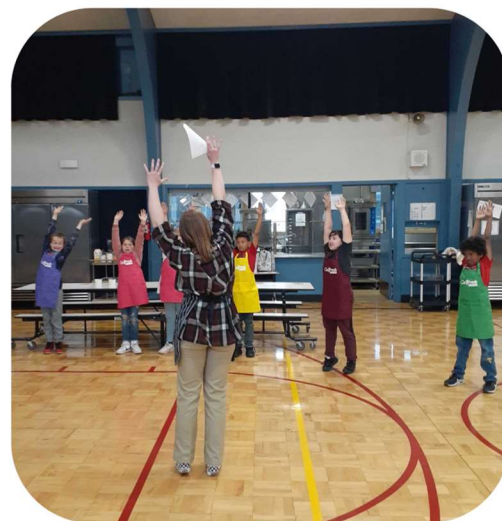
In January 2023, CCYoSo conducted a survey to gauge the interest of its site partners for physical activity programming. The survey identified barriers to accessing physical activity and how the barriers could be addressed. Agencies with the capacity to partner with CCYoSo to make policy or environmental changes to help improve their clients' health and nutrition and/or residents were also identified. They determined that the Sereno Village, an affordable public housing site, was interested in partnering with them and an existing partner/non-profit organization, Leaven Kids, to install stencils on the apartment blacktop. Colorful stencils such as a Bullseye target, a vibrant hopscotch design, and a classic four-square pattern were chosen as the stencils because they were eye catching and engaging.

The partners held a collaborative kick-off event on August 1st in conjunction with National Night Out. Community partners included the Sereno Village, CCYoSo, Leaven Kids staff, the Solano County Public Health Department, and volunteers residing within the apartment complex. The fun family event offered activities in the morning and afternoon to get the kids and families involved in prepping and participating in the stencil making, and a local artist painted a mural on the side of the building near the stenciling. CCYoSo's direct education continues to complement this PSE by educating the community on the importance of finding fun ways to be physically active.

### **Northern Valley Catholic Social Services**

This fiscal year, NVCSS continued implementing the Coordinated Approach to Child Health (CATCH) program at two schools in Glenn County and six schools in Shasta County. CATCH is an intervention aimed at preventing obesity in school-age children that offers physical activity opportunities for youth in a fun atmosphere. To ensure intervention success, NVCSS provides training and support to maintain the CATCH program. Additionally, they ensured that the equipment functions well and any damaged equipment is replaced. In FFY 23, NVCSS provided over 2,100 children with physical activity opportunities through the CATCH program.

In FFY 23, NVCSS encouraged physical activity for adults and older adults by establishing and maintaining walking courses in residential housing sites. In addition, one walking group walks to the local Farmers' Market twice a month. Finally, in FFY 23, NVCSS obtained a grant from First 5 Shasta to install a bike rack outside the agency's office. This provides a safe place for clients and staff to store bikes and promotes physical activity by encouraging them to bike to and from NVCSS.



# Success Stories



## **Leveraging Resources to Expand Healthy Food Distribution for Low-Income Families in Solano County**

In December 2021, inflation increased 7%, directly impacting the lives and livelihoods of millions of individuals who were already impacted by the pandemic. To some, life may have seemed to slowly return to normal while children are back in school, dining-out options are available, and events are ongoing. However, the financial strains of the pandemic are still impacting families, including those at Sereno Village apartments, and the recent inflation of everyday essentials has worsened the conditions of those already struggling. CCYoSo's CFHL program partnered with Sereno Village Apartments, an affordable housing community in Vallejo by restrengthening this partnership since 2021, as this partnership has grown CCYoSo has expanded its program to youth working with another community-based organization through Leaven Kids, an after school program for under-resourced communities. CCYoSo serves the diverse community of Sereno village by providing biweekly nutrition classes to adults ranging from 18-60+ yrs old, and youth from ages 5-10. Bilingual nutrition educators supply nutrition messaging and materials in both English and Spanish for participants. These resources are promoted and offered to all 125 units at this affordable housing complex. Recognizing that these residents needed access to healthy food, CCYoSo's CFHL staff devised a plan and got to work.

CCYoSo was able to secure American Rescue Plan Act grant funding and planned to distribute a bag filled with fresh produce to those participating in CFHL classes at Sereno Village. CFHL staff collaborated with the Services Coordinator at Sereno village to identify 30 residents in the apartment complex participating in the nutrition classes. CFHL staff asked residents what kinds of food they lacked access to on a daily basis, and made sure to include them in, prioritizing fresh fruit, vegetables, whole grains, and proteins. Flyers for future classes, along with nutrition materials that reinforced the previous nutrition class about the my plate. A handout was given to each participant to help identify each item's food group that makes up a healthy plate, ensuring that participants had both access and the understanding of what foods



make up that well-rounded plate. This food pop-up was promoted in the weeks leading into the distribution, a nutrition class was offered with a lentil pasta recipe demo and ended with the food bag distribution. The food bag distribution is a collaborative effort between the nutrition education team and the food access team at CCYoSo, this partnership ensures that classes are elevated with access to healthy food items and given resources for assistance for CalFresh food benefits assistance. All participants are surveyed so that CCYoSo staff can help provide additional resources for those in need.

By leveraging this ARPA funding, thirty food bags were distributed, ensuring families have the basic food pantry staples, fresh produce, and proteins to create a nourishing meal. These efforts reached over 60 individuals within the complex of Sereno Village housing community in Vallejo. Thirty families were surveyed to gauge interest in additional resources including CalFresh benefits. CCYoSo nutrition team continues to support this site with four nutrition

classes a month reaching approximately 35 participants on a monthly basis.

With sustained partnership at a handful of sites within Solano county, CCYoSo plans to continue to distribute 30 bags of produce three times a month. The CFHL team will ensure that the food distributed meets nutrition standards established at CCYoSo's food pantry as reflected in the food policy manual that was developed for the nutrition pantry program. CCYoSo's CFHL nutrition educators are committed to helping further sustain nutrition efforts by providing nutrition education and recipe demonstrations for youth and adults throughout the community on a monthly basis. Continued partnership with CCYoSo and Sereno Village will ensure resource sharing and further support with CCYoSo emergency food pantry and CalFresh Outreach assistance.

### **Community Champion Offers Yoga Classes to the Community of Parlier**

According to the Healthy Fresno County Community Dashboard, 12.9% of adults are diagnosed with diabetes in Fresno County. In Parlier, a city within Fresno County, the rate jumps to 17.2%. Diabetes is a leading cause of death in the United States. CCFR offers the community physical activity classes to help decrease the likelihood of people being diagnosed with diabetes, CCFR has established yoga as an opportunity for the community of Parlier.

Fresno County faces a high prevalence rate of diabetes. According to the Healthy Fresno County Community Dashboard, 12.9% of adults are diagnosed with diabetes in Fresno County. In Parlier, a city within Fresno County, the rate jumps to 17.2%. Diabetes is a leading cause of death in the United States. Although there are many health factors that affect our communities, Catholic Charities of Fresno (CCFR) seeks to improve the environment in which residents live, work and play through partnerships with public housing sites. Catholic Charities of Fresno established a partnership with Oak Grove Commons in Parlier, and worked collaboratively with their Fresno Housing Program Coordinator to establish nutrition classes and physical activity opportunities for residents. A community champion, Laura, was identified, and together with the site's program coordinator, and with support from CCFR's CFHL team, a one-hour yoga class is offered once a week at Oak Grove Commons.



In sharing her expertise, Laura, the community champion and volunteer yoga instructor, shares her love for yoga with her community. She brings a new meaning to the practice of yoga. Through the partnership and support of the site program coordinator and the community champion, CCFR is helping to minimize the time a person is at home being inactive, not only improving peoples state of mind, but it also supporting healthy living as a whole. When conducting her classes, Laura is very supportive and explains that yoga is a simple step to take for their health.

In the future, CCFR hopes to continue its partnerships to provide more physical activity opportunities for Parlier residents. CCFR strives to provide additional resources for more community involvement. By doing so, community engagement will increase and the likelihood of diabetes will decrease.

### **Trader Joe's store allowed CCST to deliver Workshop #5 for a Cooking Matters Series at their store.**

CCST's CalFresh Healthy Living program has been successfully implementing the Cooking Matters Curriculum with participants for several years. These classes have transformed the lives of participants and empowered individuals to master essential cooking skills, make informed shopping choices, gain nutritional knowledge, and prioritize food safety. The curriculum is a hands-on, engaging, six-week series culminating in a store tour. Traditionally, CCST's CFHL Nutrition Educators set up a mock store to simulate a real shopping experience, complete with sections dedicated to fresh produce, dairy, proteins, and whole grains. While effective, this approach had its challenges, particularly the labor-intensive preparation of the mock store. Seeking a more authentic and impactful experience, the Nutrition Educator approached Trader Joe's to partner and coordinate an in-person store tour.

With swift coordination, an appointment was secured, and the store generously provided \$10 gift cards to each participant to enhance their shopping adventure. The excitement among participants was palpable as they were informed about the location and the activities planned for workshop #5. However, challenges arose for two participants who lacked transportation to the store, with one being disabled and unable to drive. CCST's Transportation Program assisted, ensuring every participant could benefit from this enriching experience. In a heartwarming display of camaraderie, several participants volunteered to carpool, demonstrating the close-knit community fostered by the program.



On July 5, 2023, participants embarked on the much-anticipated Store Tour. They explored the store, comparing unit prices and applying their newfound knowledge to make informed choices. The store's manager thoughtfully provided a table of healthy foods for tasting, and the unanimous favorite was peanut butter, a one-ingredient wonder, accompanied by low-fat yogurt and sugar-free granola. The \$10 challenge, where participants selected only healthy food items totaling \$10 or less, left a lasting impact and was met with enthusiasm.

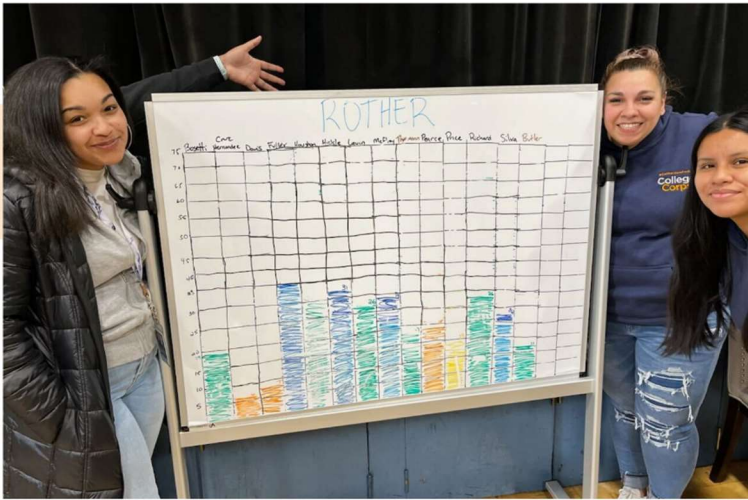
The establishment of this partnership with Trader Joe's has been transformative. Recognizing the profound impact of an actual store tour, the program is now poised to expand its reach by scheduling similar tours with other stores more familiar to participants. Armed with the skills and insights gained from this experience, participants are better equipped to make health-conscious choices while shopping for their families, enhancing their everyday lives. The Cooking Matters program at CCST will continue to pave the way for healthier, more informed communities, one successful partnership at a time.

### **Food Waste Reduction Success in Low-Income Shasta County Schools**

NVCSS CalFresh Healthy Living program has had a long-standing partnership with Enterprise Elementary School District (EESD), which encompasses seven low-income schools in Shasta County with 3,672 total enrolled students. In the academic year 2022-2023, the amount of cafeteria food waste became a topic of concern within the schools and quickly became the focus of NVCSS's CFHL program with EESD, along with continuing to support nutrition education and school gardens. Food waste is a pervasive issue, occurring at all stages of food production, distribution, and consumption. In the U.S., up to 40% of produced food goes uneaten, with about 95% of discarded food ending up in landfills. The CFHL

team set the goal at understanding where food waste was occurring at each school, and what solutions could be implemented to reduce it, so that more food winds up consumed by students and less in landfills.

NVCSS's CFHL program plans to capitalize on this contest's momentum throughout EESD and continue progressing with food waste reduction strategies. A combination of Smarter Lunchroom Movement (SLM), direct education, and indirect



education will be implemented in every school and cafeteria. Reinforcement messaging will be created and provided to each cafeteria, encouraging students only to take what they will eat and share what they do not. Regular follow-up cafeteria assessments will be performed to measure the impact and success of the continued programming. CFHL also plans to build, provide, and manage "Free Little Pantries" in every school to reduce wasted food. Food put into the "Free

Little Pantries" will be for any student wanting to take extra food home. This effort will reduce food waste and food insecurity throughout the Enterprise School District. In this quest to combat food waste and address food insecurity, NVCSS' CFHL team remains committed to transforming the Enterprise Elementary School District into a model for sustainability and responsible consumption.

### Great Seed Balls of Fire!

CCLA's CalFresh Healthy Living garden program is a project that increases food security and promotes healthy food access for youth and their families. This program engages the CFHL urban agriculture team, school staff, and students to build and manage gardens to improve access to nutritious, affordable, and safe foods. CCLA school garden efforts feed into SNAP-Ed programs across the country that teach gardening to influence healthy behaviors, and reduce the risk of chronic diseases, and food insecurity, in marginalized communities.

The CCLA garden program provides nutrition and gardening education, food demonstrations, and urban gardening projects to youth and community members. The goal is to encourage increased consumption of vegetables and fruits, and improve knowledge and skills of gardening practices. Over the last 3 years, the CCLA garden program, in partnership with local Catholic schools and parishes, has provided youth with access to fresh and healthy food through gardening and nutrition education.

The CCLA garden program established on-site vegetable gardens at St. Ignatius of Loyola School, located in the northeast part of Los Angeles and at St. Frances X. Cabrini School, located in the south region of Los Angeles, to bring gardening and nutrition education to youth from underserved communities. Students at each school participate in the garden and nutrition program once a week for approximately one-hour long sessions. The garden program is focusing on delivering garden and nutrition education to 3rd-8th grades during the 2022-23 academic year.

While the CCLA garden team utilizes CFHL-approved garden-based curricula for lessons, keeping students engaged in learning can be challenging. Therefore, the team often supplements with activities and resources to keep students interested in learning about the garden. One such activity was a recent seed ball-making activity. Over the winter of 2022, students learned about different methods for growing various vegetables from seed. Through a donation of



powdered red clay, castings, and California native poppy flower seeds, students expanded on their seed starting knowledge.

In this activity, students learned about an ancient method of seed dispersal and seeding without the need for containers of any kind, thus reducing potential waste from the use of plastic pots or trays. Following an educational lesson on the history and uses of clay seed balls, students were prompted to make their own seed balls using CA native flowers or vegetable seeds, plants they could later incorporate into their school garden.

At the end of the activity, students were given the opportunity to talk about what they wanted to do with their newly made seed balls. Many students shared that they wanted to gift theirs to family members who have a home garden. One third-grade student shared, “I want to give this seed ball to my grandma because she has a garden and she can take care of it there.”

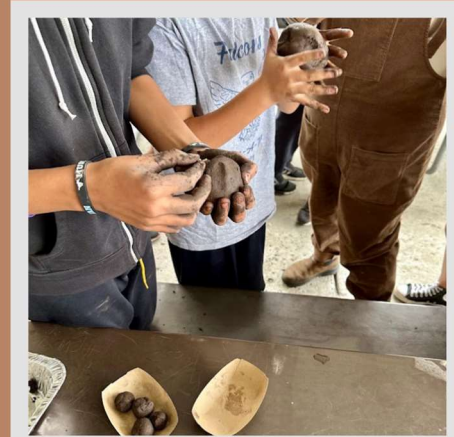
This activity not only introduced students to new concepts but also provided an opportunity for students to share what they are learning in the garden program with the adults in their family.

The garden program started in 2018 with one school site and has since expanded to other Catholic schools in Los Angeles. This program connects Catholic parishes and other community members in the Los Angeles area to resources about gardening and nutrition through active participation in garden spaces/food production.

The success of the partnership between the CCLA garden program and Catholic schools and parishes can be seen in the interest and engagement of the youth we serve, and the value they place on the program. In a recent survey of interests created by the CCLA team, students were asked to provide feedback on the garden and nutrition content they have learned in the program so far. When asked about their favorite activities, many of students responded, ‘the clay seed ball activity!’

These fun garden-based activities coordinated by the CalFresh Healthy Living-Catholic Charities of Los Angeles garden program engage students from underserved communities to strengthen their knowledge of nutrition and urban gardening.

With the skilled work of our urban agriculture team and local community partnerships, CCLA looks forward to expanding and sharing fun garden activities that help promote healthy habits with more Catholic and local school districts in the coming years.



# Individual Agency Reports

FFY 2023



**CC Fresno**

CCFR



CATHOLIC  
*Diocese of Fresno*  
CHARITIES

**CC Los Angeles**

CCLA



Catholic  
Charities  
of Los Angeles, Inc.

**CC Monterey**

CCMO



Catholic Charities  
Diocese of Monterey  
*Providing Help. Creating Hope. Serving All.*

**CC Orange County**

CCOC



CATHOLIC  
CHARITIES  
OF ORANGE COUNTY

**CC San Bernardino**

CCSBRiv



Providing Help • Creating Hope



**CC San Francisco**

CCSF



Catholic CHARITIES  
SAN FRANCISCO  
MARIN  
SAN MATEO

**CC Santa Clara**

CCSC



Catholic Charities  
of Santa Clara County

**CC Santa Rosa**

CCSR



Catholic  
Charities  
of the Diocese of Santa Rosa

**CC Stockton**

CCST



Catholic  
Charities  
Diocese of Stockton

**Northern Valley**

NVCSS





 **CATHOLIC CHARITIES**  
DIOCESE OF FRESNO

Direct Education

291 Classes

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**1,519 Participants**

PSE Work

16 PSE Changes

---

**48,743 Reached**

Indirect Education

43 message reinforcement activities

---

**6,315 Reached**

In FFY 23, CCFR conducted nutrition education series and single sessions and for English and Spanish-speaking adults. Classes were delivered both face-to-face and online. Four different curricula were used to deliver these classes: (1) *Food Smarts for Adults*, (2) *Eat Smart, Live Strong: Nutrition Education for Older Adults*, (3) *Eat Healthy, Be Active Community Workshop*, and the (4) *EatFresh.org Mini Course*. These curricula covered various topics, including the five food groups, food label reading, shopping on a budget, and chronic disease prevention through physical activity. All of the delivered sessions ranged from 30 to 120 minutes.

CCFR supplemented their series and single sessions with healthy messaging materials included with the curricula. Classes also included food demos, tastings, and distribution of healthy recipes from *EatFresh.org*. CCFR augmented their healthy messaging by operating an active CFHL Facebook group where they posted healthy reminders, tips, and recipes three times a week. Their colorful Facebook postings and videos reminded their followers to eat healthy, consume more fruits, veggies, and whole grains, and eat well-balanced meals while increasing their physical activity. Other posts invited the community to attend one of their CFHL nutrition education classes. CCFR reached over 6,300 individuals with their indirect education activities in FFY 23.

# DEMOGRAPHICS

of evaluated participants with CCFR



## LANGUAGE

51% English  
49% Spanish



## AGE

32% 18 - 59 years old  
65% 60 - 75 years old  
3% 75+ years old



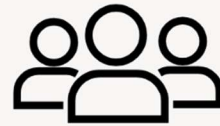
## GENDER

95% Female  
5% Male



## RACE

5% Asian  
11% Black  
5% Native American  
38% White  
41% Prefer no response



## ETHNICITY

60% Latine  
22% Non Latine  
18% Prefer no response



## Evaluation Results

### Food Behavior Checklist

CC Fresno collected 37 adult surveys using the FBC. All the surveys were completed in person using pen-to-paper.

As seen in *Table 16*, there was a statistically significant increase in the MT1 behavior of eating fish last week and in eating more cups of fruits and vegetables. Indeed, participants were eating one-third of a cup more of fruits and vegetables from pre to post-test.

Among the five MT2 food resource management/smart shopping questions “not running out of food before the end of the month” showed statistically significant decrease and buying low-sodium foods showed a significant increase.

Among the three MT3 questions, at least 30 minutes of moderate to vigorous exercise, muscle strengthening, and making small changes to be active showed statistically significant increases.

The *Indicators of Success* on the next page summarize data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post changes that may be a prelude to significant change for the CCFR CalFresh Healthy Living adult participants. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

TABLE 16 OUTCOME DATA ANALYSIS RESULTS FOR CC FRESNO (N=37)

Survey Question # and Topic	p-Value	Type of statistically significant change
<b>MT1 Healthy Eating</b>		
1. Eat F&Vs as snacks	.233	None
2. Drink sports drinks	.353	None
3. Citrus fruit or juice	.103	None
4. Drink regular soda	.201	None
5. Milk with cereal	.103	None
6. Cups of fruit	.018	Increase
7. Cups of vegetables	.021	Increase
8. Different fruit	.442	None
9. Different vegetables	.401	None
10. Drink Milk	.281	None
11. Take skin off chicken	.474	None
12. Eat Fish	.033	Increase
13. Eat >2 vegetables	.520	None
20. Eat whole grains	.343	None
21. Drink low/fat-free milk	.083	None
22. Cups of water	.201	None
<b>MT2 Food Resource Management</b>		
14. Use Nutrition label	1.000	None
15. Run out of food	.021	Decrease
23. List before shopping	.838	None
24 Buy low-sodium food	.014	Increase
25 Buy low-sugar food	.181	None
<b>MT3 Physical Activity</b>		
17. >30 min exercise	.026	Increase
18. Strengthen muscles	<.001	Increase
19. Make small changes	.008	Increase
<b>Self-Rating</b>		
16. Rate eating habits	<.001	Increase

# ☑ Indicators of Success

CC Fresno

## Fruits and Vegetables



- 92%\* ate at least 1 cup of vegetables each day
- 40%\* ate the recommended 2 or more cups of vegetables each day
- 76%\* ate at least 1 cup or more of fruit each day
- 65%\* ate the recommended 1.5 cups or more of fruit each day

## Drink Choices



- 95% either do not or only sometimes drink sugary sports drinks or punch
- 89% drink regular soda sometimes or never
- 76% drink 4 or more cups of water every day
- 84% drank or use milk on cereal last week

## Nutritious Choices

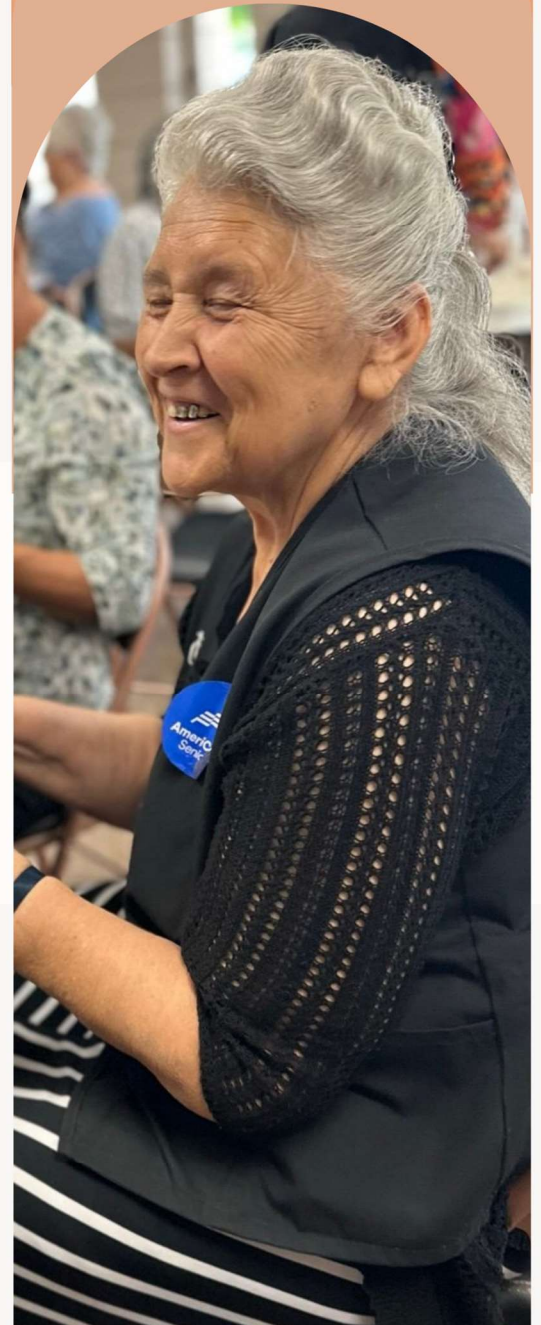


- 73%\* ate fish during the past week
- 57% take the skin off of chicken always or often
- 49% eat whole grain foods often or every day
- 42%\* buy foods with lower added sodium always or often

## Healthy Habits



- 84%\* never or sometimes run out of food before the end of the month
- 84%\* exercise the recommended 30+ minutes at least 3 days each week
- 70%\* do the recommended 2+ days of muscle strengthening exercises



## Policy, Systems, and Environmental Changes

### Healthy Procurement

In an effort to provide healthy food options for their clients, CCFR underwent a review of their policies and procedures in conjunction with the Leah's Pantry's Nutrition Pantry Program (NPP). The NPP addresses the policy, systems, and environment of a food pantry distribution to make it more client-centered. While CCFR received a Gold NPP Certification in FFY 19, shortly after they experienced a staff turnover. In addition, all CFHL food distribution programs were affected by the global COVID pandemic in FFY 20 & 21. CCFR engaged their new staff in the knowledge and processes of the NPP in FFY 22 by recertifying the food pantry. New CFHL educators attended the NPP trainings and worked on recertification in FFY 23. CCFR will apply for Gold NPP Certification in FFY 24.

In FFY 23, CCFR continued to uphold the standards for their healthy vending machine. The machine sold 416 healthy food and beverage options in FFY 23.

### Access to Physical Activity Opportunities

In FFY23, CCFR worked with multiple sites to increase opportunities for physical activity. Through inclusive Thai Chi classes, the agency has helped seniors at Silvercrest Retirement Residence be more active. The Thai Chi master who leads these classes offers gentle physical activity exercises that promote relaxation and balance. In June, residents reported they wanted to learn yoga as well, so a volunteer yoga instructor was recruited to provide weekly, 1-hour classes of low-impact yoga to the residents. The classes have changed the residents' lives by teaching them mindful movements and giving them the confidence to perform daily tasks. The classes have been so successful that CCFR staff have been working with the site's coordinator to increase the variety of exercise classes next fiscal year.

CCFR also partnered with the Oak Grove Commons program coordinator and one community champion to provide yoga exercise classes. Physical activity opportunities were also offered through 1-hour YouTube videos for the community. An average of 16 participants attended these weekly classes. Additionally, CCFR worked with St. Anthony Claret Church to connect attendees with a gym near the community and a volunteer to provide 1-hour Zumba classes twice a month. Since May 2023, about 18 individuals have participated in the Zumba class. The volunteer Zumba instructor is very invested in classes and has modified the music played during the sessions to create a more fun environment. Given the success of these classes, CCFR plans to continue this work in FFY 24. Next fiscal year, CCFR hopes to expand access to physical activity further by starting a walking club at the Glen Agnes Community/Senior Center.





#### Direct Education

350 Classes

**1,576 Participants**

#### PSE Work

47 PSE Changes

**38,751 Reached**

#### Indirect Education

48 message  
reinforcement activities

**31,064 Reached**

CCLA reached participants of all ages with engaging lesson topics including MyPlate's five food groups, shopping on a budget, consuming more fruits and vegetables, decreasing sodium and sugar consumption, and staying healthy through physical activity. The agency used three nutrition education curricula, (1) *Food Smarts for Adults*, (2) *Eat Healthy Be Active*, and the (3) *EatFresh.org* Mini-Course to educate participants through both in-person and virtual sessions. To make lessons more impactful, educators provided personal examples relevant to the curriculum and used visuals to emphasize the fat and sugar content of foods.

CCLA also delivered garden-based nutrition education to 3<sup>rd</sup> – 8<sup>th</sup> graders using the *Nutrition to Grow On* curriculum. Also, in FFY 23, CCLA added a pilot-test of the Leah's Pantry *Food Waste Reduction for Kids* (FWR) curriculum. FWR for Kids expands on the *Food Smarts for Kids* series and offers lessons and activities to increase healthy eating while reducing food waste.

CCLA also reached the community with healthy indirect education messaging that reached over 30,000 individuals. In FFY 23, they began to engage the community through a new Instagram social media page. The vibrant Instagram home page takes visitors to colorful informative platforms that invite the community to join a nutrition class, gardening workshop, or join one of many walking clubs.



# DEMOGRAPHICS

of evaluated participants with CCLA



## LANGUAGE

6% English  
94% Spanish



## AGE

75% 18 - 59 years old  
25% 60+



## GENDER

84% Female  
16% Male



## RACE

0.6%	Native American
0.6%	Hawaiian/Pacific Islander
77.6%	White
21.2%	Prefer no response



## ETHNICITY

97% Latine  
3% Prefer no response



## Evaluation Results

### Food Behavior Checklist (FBC)

CC Los Angeles collected 165 adult surveys using the FBC. Surveys were collected in two regions, the San Gabriel Region in Boyle Heights and St. Margaret’s Center in Inglewood. 96% percent of the surveys were collected in class using pen-to-paper and 4% virtually via the Survey Monkey online survey.

As seen in *Table 17*, across the 16 MT1 healthy eating and drinking survey questions all showed statistically significant ( $p < .05$ ) changes. There was an increase in eating fruits and vegetables, grains, lean meats such as fish and chicken, and drinking water. Indeed, participants indicated they were eating approximately one-half cup of fruit and vegetables more than before the nutrition education class. There was also a significant decrease in the consumption of sugary beverages, an increase in milk consumption with cereal, and in consumption of low, fat-free, and soy milk.

Among the five MT2 food resource management/smart shopping questions, “running out of food before the end of the month” showed a statistically significant decrease while four shopping behaviors including reading the nutrition facts label, preparing a list before shopping, and buying low sodium and low sugar foods had significant increases.

All three of the MT3 PA questions showed statistically significant increases. There was a nearly 1-day increase in the number of days of exercising for at least 30 minutes and a half-day in muscle strengthening exercises and in making small changes to be active.

Finally, there was a statistically significant 1.9-point increase from pre to post-test using the survey’s 10-point scale to rate their eating habits.

The *Indicators of Success* on the next page summarizes data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the CC Los Angeles CFHL adult participants. The data points are

consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

**TABLE 17 OUTCOME DATA ANALYSIS RESULTS FOR CC LOS ANGELES (N=165)**

Survey Question # and Topic	p-Value	Type of statistically significant change
<b>MT1 Healthy Eating</b>		
1. Eat F&Vs as snacks	<.001	Increase
2. Drink sports drinks	<.001	Decrease
3. Citrus fruit or juice	<.001	Increase
4. Drink regular soda	<.001	Decrease
5. Milk with cereal	<.001	Increase
6. Cups of fruit	<.001	Increase
7. Cups of vegetables	<.001	Increase
8. Different fruit	<.001	Increase
9. Different vegetables	<.001	Increase
10. Drink Milk	.015	Increase
11. Take skin off chicken	<.001	Increase
12. Eat Fish	<.001	Increase
13. Eat >2 vegetables	<.001	Increase
20. Eat whole grains	<.001	Increase
21. Drink low/fat-free milk	.019	Increase
22. Cups of water	<.001	Increase
<b>MT2 Food Resource Management</b>		
14. Use Nutrition label	<.001	Increase
15. Run out of food	<.001	Decrease
23. List before shopping	<.001	Increase
24 Buy low-sodium food	<.001	Increase
25 Buy low-sugar food	<.001	Increase
<b>MT3 Physical Activity</b>		
17. >30 min exercise	<.001	Increase
18. Strengthen muscles	<.001	Increase
19. Make small changes	<.001	Increase
<b>Self-Rating</b>		
16. Rate eating habits	<.001	Increase

# ✓ Indicators of Success

CC Los Angeles

## Fruits and Vegetables



- 93%\* ate at least 1 cup of vegetables each day
- 71%\* eat 2 or more vegetables at main meal every day or often
- 89%\* ate at least 1 cup or more of fruit each day
- 92%\* had citrus fruit or juice sometimes or always

## Drink Choices



- 97%\* either do not drink or only sometimes drink regular soda
- 89% either never or only sometimes drink sugary sports drinks or punch
- 83%\* drink 4 or more cups of water every day
- 59%\* drink milk often or every day

## Nutritious Choices

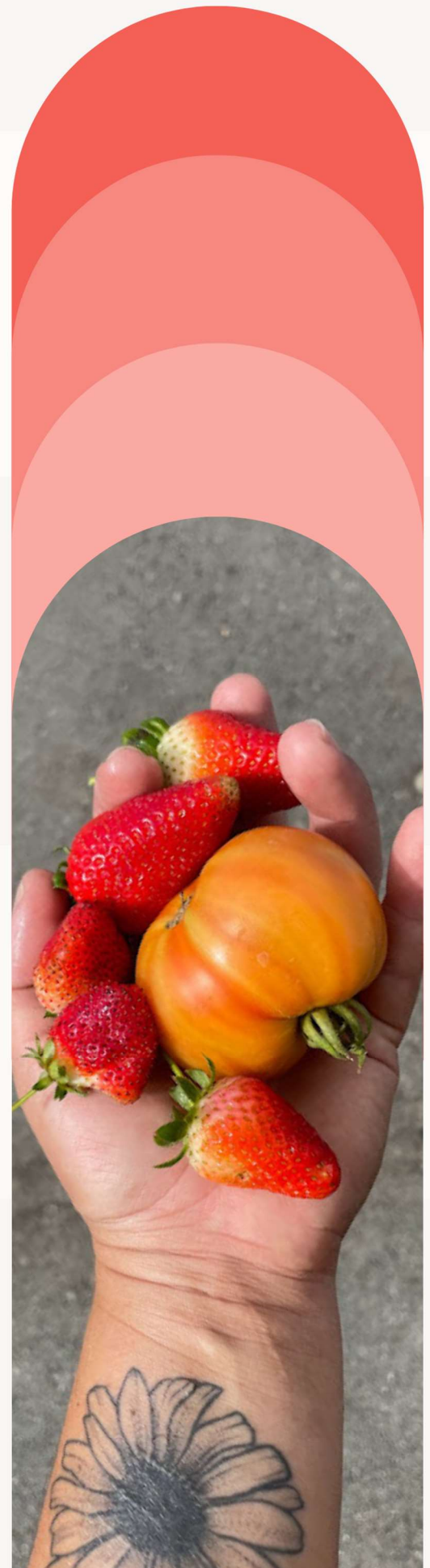


- 79%\* ate fish during the past week
- 81%\* take the skin off of chicken always or often
- 68%\* eat whole grain foods often or every day
- 64%\* buy foods with lower added sodium always or often

## Healthy Habits



- 87%\* never or only sometimes run out of food before the end of the month
- 72%\* exercise the recommended 30+ minutes at least 3 days each week
- 67%\* do the recommended 2+ days of muscle strengthening exercises



## Policy, Systems, and Environmental Changes

### Healthy Procurement

CCLA is committed to providing the community with healthy foods, including fresh produce, whole grains, and canned goods with low sodium and low sugar. In FFY 23, CCLA's food pantries served over 7,500 unduplicated individuals and families in need.

The St. Margaret's Center was able to meet the increasing community need through partnerships with the LA Regional Food Bank and donations from local stores enrolled in the Food Bank's Extra Helpings program. Another partner, Del Aire Baptist Church, donated cases of meat and cheese. From October 2022 to August 2023, St. Margaret's Center received 60,466 pounds of produce.



At Brownson House, food distribution was paused for a time during FFY 23, when the community center was closed for remodeling. Once it reopened, the expanded food pantry was able to store and distribute more fresh produce and other healthy foods. Clients could access fresh produce once a week and could access food staples like canned goods, rice, and beans once a month. From July to September 2023, a total of 557 pounds of produce was distributed to 2,823 food pantry clients.

The San Juan Diego Center continued to receive weekly donations of fruits and vegetables from the Order of Malta. The Order of Malta is a religious organization that mainly provides assistance during natural disasters. An average of 1,630 clients per month received a total of 3,592 pounds of healthy food from January through September 2023.

CCLA's St. Margaret's Center's food pantry has maintained Gold Nutrition Pantry Certification from the Leah's Pantry NPP since FFY 19, thanks to dedicated pantry staff and volunteers. This certification is awarded to food pantries that uphold client-center and health-focused changes.

### Community Gardens and School-Based Gardens

As part of its multi-year urban garden program, CCLA continued to maintain and revitalize edible gardens throughout Los Angeles County. In FFY 23, CCLA provided guidance and support to start, reinvigorate, or maintain four community and school gardens.

At St. Margaret's Center, the CFHL staff continued to maintain a vibrant produce garden with plantings in the winter and spring. Garden maintenance included adding straw around plants for soil moisture retention, and food and garden



waste was diverted into the onsite compost pile. Harvest produce was used during the CCLA nutrition classes for food demos and tastings and donated to the onsite food pantry.

CCLA helped begin a garden at St. Frances in FFY 22 and St. Frances students have since taken increasing responsibility for garden maintenance. Students have learned how to keep up with their garden as the seasons change, when to rotate cool and warm-season crops, soil structure, and how to monitor and spot pests.



In August 2023, CCLA participated in the grand reopening of the Pueblo del Sol Community Center and was asked to assist with creating and managing 17 large raised beds. CCLA also assisted with a recycling/composting event where they presented and answered participants' questions. CCLA has been asked to provide gardening and nutrition classes, and possibly a walking club in FFY 24.


### **Access to Physical Activity Opportunities**

During FFY 23, CCLA engaged community members in three walking clubs and a variety of fun, physical activities. Brownson House maintained its successful walking club with 24 participants. The club meets weekly to walk a one-mile-path around the Boyle Heights community, when the weather permits. An average of 5-to-7 participants attend regularly. Zumba is also offered four days a week with 12-to-15 people participate daily. Sessions include innovative exercise like weight lifting with cans and PVC pipes, and kickboxing. When the center closed for remodeling for two months, the enthusiastic Zumba participants continued to meet in a neighbor's backyard.

At the San Juan Diego Community Center, 15-to-20 community members met weekly to walk 3-to-4 miles when the weather was good. Participants have access to clean, filtered water and are offered fruits and vegetables to take home from the food pantry after each session.

The Lennox Park "Club de Caminata" began meeting virtually during the pandemic and continued that approach to meet via Zoom and the online application WhatsApp. The 50-minute sessions, facilitated by a CFHL educator, includes a warm-up, fast-paced walking, and weight-bearing exercises. Participants are encouraged to use 1-lb hand weights or replacements like canned food to use as weights.

A newly formed walking club housed at the Curtis Tucker Health Center is also facilitated by a CCLA nutrition educator. It follows the same format as the Lennox Park group with participants communicating via the *WhatsApp* platform and receiving encouragement via Zoom and by phone from the educator.

**Catholic Charities**  
**Diocese of Monterey**  
*Providing Help. Creating Hope. Serving All.*

**Direct Education**

69 Classes

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**1,029 Participants**

**PSE Work**

24 PSE Changes

---

**820 Reached**

**Indirect Education**

55 message reinforcement activities

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**7,966 Reached**

CCMO used the *Food Smarts for Adults* nutrition education curriculum to deliver impactful lessons in FFY 23. The curriculum consists of five 30-minute lessons. Sessions addressed a variety of topics including the five food groups that comprise *MyPlate*, *ReThink Your Drink*, food label reading, shopping on a budget, and chronic disease prevention through physical activity. A healthy recipe demonstration, tasting, and recipe distribution were included in each class. Culturally relevant materials, available in multiple languages, were distributed to participants that corresponded with each lesson. For example, attendees were given a packet of supplemental materials that included shopping tips, a grocery list, and information on how to create a meal plan.

CCMO also conducted nutrition education with youth using the *Food Smarts for Kids* curriculum. *Food Smarts for Kids* has five nutrition lessons with similar content to the adult series. The CCMO educators incorporate best practices into the classes that made each lesson engaging and fun and included interactive and hands-on activities.

CCMO complemented their direct education with indirect education and activities that reached 7,966 individuals. They distributed flyers, pamphlets, activity books, and recipe cards during physical activity sessions at community events. Healthy messaging materials serve as a reminder to the public to eat more fruits and vegetables and participate in increased physical activity.

# DEMOGRAPHICS

of evaluated participants with CCMO



## LANGUAGE

100% Spanish



## AGE

97% 18 - 59 years old  
3% 60 - 75 years old



## GENDER

72% Female  
28% Male



## RACE

3% Native American  
21% White  
21% Prefer no response  
55% Did not respond



## ETHNICITY

90% Latine  
10% Prefer no response



## Evaluation Results

### Food Behavior Checklist (FBC)

CC Monterey collected 29 adult surveys using the FBC. All the surveys were completed in person using pen-to-paper.

As seen in *Table 18*, there was a statistically significant change in 10 out of 16 MT1 behaviors including a decrease in drinking regular soda, an increase in eating more whole grains, an increase in eating different kinds of fruits and vegetables, and an increase in eating more cups of fruits and vegetables. Indeed, participants were eating nearly one cup more of fruits and two-thirds cup more of vegetables from pre- to post-test.

Among the five MT2 food resource management/smart shopping questions there was a statistically significant decrease in “not running out of food before the end of the month”, and an increase in using nutrition labels, making a list before shopping, and buying low-sugar foods.

Among the three MT3 PA questions, moderate to vigorous exercise and strengthening muscles showed statistically significant increases in the number of days doing these physical activities.

Finally, the participants used the survey’s 10-point scale to rate their eating habits and showed a statistically significant 1.6-point increase from pre to post-test.

The *Indicators of Success* on the next page summarize data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the CC Monterey CalFresh Healthy Living adult participants. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

TABLE 18 OUTCOME DATA ANALYSIS FOR CC MONTEREY (N=29)

Survey Question # and Topic	p-Value	Type of statistically significant change
<b>MT1 Healthy Eating</b>		
1. Eat F&Vs as snacks	.028	Increase
2. Drink sports drinks	.415	None
3. Citrus fruit or juice	.326	None
4. Drink regular soda	<.001	Decrease
5. Milk with cereal	.012	Increase
6. Cups of fruit	<.001	Increase
7. Cups of vegetables	.002	Increase
8. Different fruit	.016	Increase
9. Different vegetables	.009	Increase
10. Drink Milk	.134	None
11. Take skin off chicken	<.001	Increase
12. Eat Fish	1.000	None
13. Eat >2 vegetables	.005	Increase
20. Eat whole grains	.002	Increase
21. Drink low/fat-free milk	.666	None
22. Cups of water	.059	None
<b>MT2 Food Resource Management</b>		
14. Use Nutrition label	<.001	Increase
15. Run out of food	.011	Decrease
23. List before shopping	<.001	Increase
24 Buy low-sodium food	.076	None
25 Buy low-sugar food	.002	Increase
<b>MT3 Physical Activity</b>		
17. >30 min exercise	.010	Increase
18. Strengthen muscles	.010	Increase
19. Make small changes	.113	None
<b>Self-Rating</b>		
16. Rate eating habits	.003	Increase



# ✓ Indicators of Success

CC Monterey

## Fruits and Vegetables



- 90%\* ate at least 1 cup of vegetables each day
- 69%\* eat more than one kind of vegetable each day always or often
- 89%\* ate at least 1 cup or more of fruit each day
- 62%\* eat more than one kind of fruit each day always or often

## Drink Choices



- 97%\* never or only sometimes drink regular soda
- 90% do not or only sometimes drink sugary sports drinks or punch
- 79%\* drink 4 or more cups of water every day
- 79%\* drink or use milk on their cereal last week

## Nutritious Choices



- 72%\* eat fruit and vegetables as snacks
- 72%\* take the skin off of chicken, always or often
- 48%\* eat whole grain foods often or every day
- 64%\* buy foods with lower added sugar or no sugar, always or often

## Healthy Habits



- 90%\* never or only sometimes run out of food before the end of the month
- 69%\* exercise the recommended 30+ minutes at least 3 days each week
- 72%\* do the recommended 2+ days of muscle strengthening exercises



## Policy, Systems, and Environmental Changes

### Community Gardens

CCMO provides ongoing support for seven community gardens at low-income housing sites and local schools. The CFHL team assists with the purchasing of materials such as garden soil, seedlings, and tools, and Master Gardeners provide ongoing support for garden work. Partnerships with the housing residential coordinators and teachers in the schools help to maintain the gardens. At one location, CCMO collaborated with the local Blue Zones Project to provide supplies like seeds, soil, and garden supplies for the garden. Some locations have communal gardens while others allow residents to adopt a garden bed for their family. Depending on what fruits and veggies are in season, the harvest includes staples such

as tomatoes, lettuce, cucumber, carrots, and squash as well as herbs like mint for tea and aloe vera for skin care. Nutrition education classes using the *Food Smarts for Adults and Kids* curricula, along with food demonstrations and tastings from the onsite gardens, are complementary strategies



CCMO purchased Hydroponic Garden Systems in FFY 23. Hydroponic gardens can increase access and availability of fresh fruits and vegetables through vertical gardens that use water rather than soil to grow food in a small space. CCMO began by purchasing their first system. With training and support from the vendor, Fork Farms, they planted their first 150 seedlings in the 6 ft. by 3.5 ft garden. The pilot hydroponic system will prepare the CFHL staff for assisting some of the low-income apartments and schools they serve with their own hydroponic gardens. The school districts have ordered 5 hydroponic systems for installation in FFY 24. Future hydroponic harvests can be used by the residents and shared with the schools' cafeterias.

### Physical Activity

CCMO assisted low-income housing sites with creating healthier communities for their adult residents by providing no-cost access to physical activity. They developed walking trails at three complexes and provided motivational signage to encourage participation. They also conducted lively 1-hour Zumba classes at three apartment sites and began offering yoga. Most classes took place in the apartment complex community room once a week after work hours to make it accessible for farmworkers. Finally, at one location, older less able adults participated in *Bingocize*, consisting of low-impact exercises and stretches, while participating in a group game of bingo. Participants enjoyed the fun atmosphere while increasing their agility and fitness. For their efforts, the staff at CCMO were recognized with the Innovative Initiative Award from the Nutrition & Fitness Collaborative of the Central Coast (NFCCC). The NFCCC is a coalition of 100+ agencies working to improve the health and well-being of central coast residents.





#### Direct Education

62 Classes

**952 Participants**

#### PSE Work

74 PSE Changes

**62,892 Reached**

#### Indirect Education

112 message  
reinforcement activities

**24,310 Reached**

In FFY 23, CCOC continued efforts to deliver engaging nutrition education classes focusing on nutrition, resource management, and physical activity. They used the *Food Smarts for Adults* and *Nutrition 5 Series* curricula to conduct a series of classes and single sessions to reach low-income adults. Both curricula include supplemental handouts to reinforce participants' learning, fun interactive activities to keep attendees engaged, and healthy recipes for participants to prepare at home for their families. Each 1-hour nutrition session was followed by either 30 minutes of physical activity or a food demonstration and tasting. Some food demonstrations included teaching participants how to increase consumption of water and decrease consumption of sweetened beverages.

Complementing the nutrition and physical activity sessions, the agency also provided indirect education during food distributions at food pantries and at community centers. Healthy messaging materials, including flyers promoting nutrition classes and healthy recipes from EatFresh.org were also distributed.

# DEMOGRAPHICS

of evaluated participants with CCOC



## LANGUAGE

100% Spanish



## AGE

7% 18 - 59 years old  
93% 60 - 75 years old



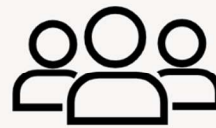
## GENDER

84% Female  
14% Male  
2% Unknown



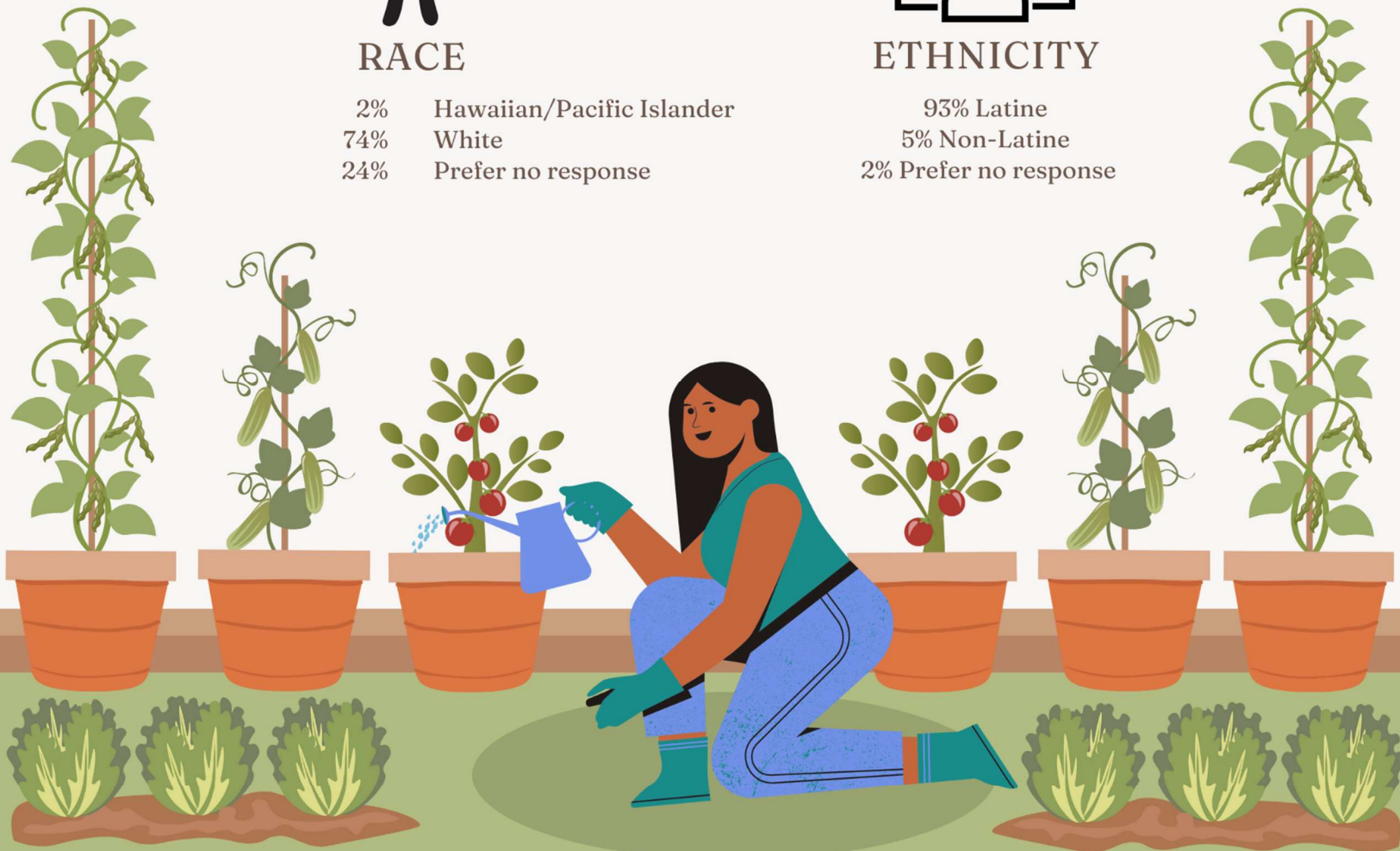
## RACE

2% Hawaiian/Pacific Islander  
74% White  
24% Prefer no response



## ETHNICITY

93% Latine  
5% Non-Latine  
2% Prefer no response



## Evaluation Results

### Food Behavior Checklist (FBC)

CC Orange County collected 43 adult surveys using the FBC. All the surveys were completed in person using pen to paper.

As seen in *Table 19*, there was a statistically significant increases in 4 out of 16 MT1 behaviors including an increase in drinking more milk, in having more citrus or citrus juice, an increase in eating different kinds of vegetables, and an increase in eating more cups of vegetables. Indeed, participants were eating nearly one-quarter cup more of vegetables from pre- to post-test.

Among the five MT2 food resource management/smart shopping questions only using nutrition labels showed a statistically significant increase.

Among the three MT3 PA questions moderate to vigorous exercise and making small changes to be more active showed statistically significant increases.

Finally, the participants used the survey's 10-point scale to rate their eating habits and showed a statistically significant 0.7-point increase from pre to post-test.

The Indicators of Success on the next page summarize data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre/post percentage changes that may be a prelude to significant change for the CCOC CalFresh Healthy Living adult participants. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

TABLE 19 OUTCOME DATA ANALYSIS RESULTS FOR CC ORANGE COUNTY (N=43)

Survey Question # and Topic	P-Value	Type of statistically significant change
<b>MT1 Healthy Eating</b>		
1. Eat F&Vs as snacks	.660	None
2. Drink sports drinks	.107	None
3. Citrus fruit or juice	.044	Increase
4. Drink regular soda	.688	None
5. Milk with cereal	.421	None
6. Cups of fruit	.070	None
7. Cups of vegetables	.007	Increase
8. Different fruit	.024	Increase
9. Different vegetables	.294	None
10. Drink Milk	.021	Increase
11. Take skin off chicken	.200	None
12. Eat Fish	.570	None
13. Eat >2 vegetables	1.000	None
20. Eat whole grains	.075	None
21. Drink low/fat-free milk	.535	None
22. Cups of water	.421	None
<b>MT2 Food Resource Management</b>		
14. Use Nutrition label	.014	Increase
15. Run out of food	.086	None
23. List before shopping	.361	None
24 Buy low-sodium food	.076	None
25 Buy low-sugar food	.140	None
<b>MT3 Physical Activity</b>		
17. >30 min exercise	.014	Increase
18. Strengthen muscles	.287	None
19. Make small changes	.004	Increase
<b>Self-Rating</b>		
16. Rate eating habits	.009	Increase

# ✓ Indicators of Success

CC Orange County

## Fruits and Vegetables



- 75%\* ate at least 1 cup of vegetables each day
- 33%\* ate the recommended 2+ cups of vegetables each day
- 70% ate at least 1 cup or more of fruit each day
- 81%\* had citrus fruit or juice in the past week

## Drink Choices



- 91% never or only sometimes drink regular soda
- 88% do not or only sometimes drink sugary sports drinks or punch
- 79% drink 4 or more cups of water every day
- 53%\* drink milk

## Nutritious Choices

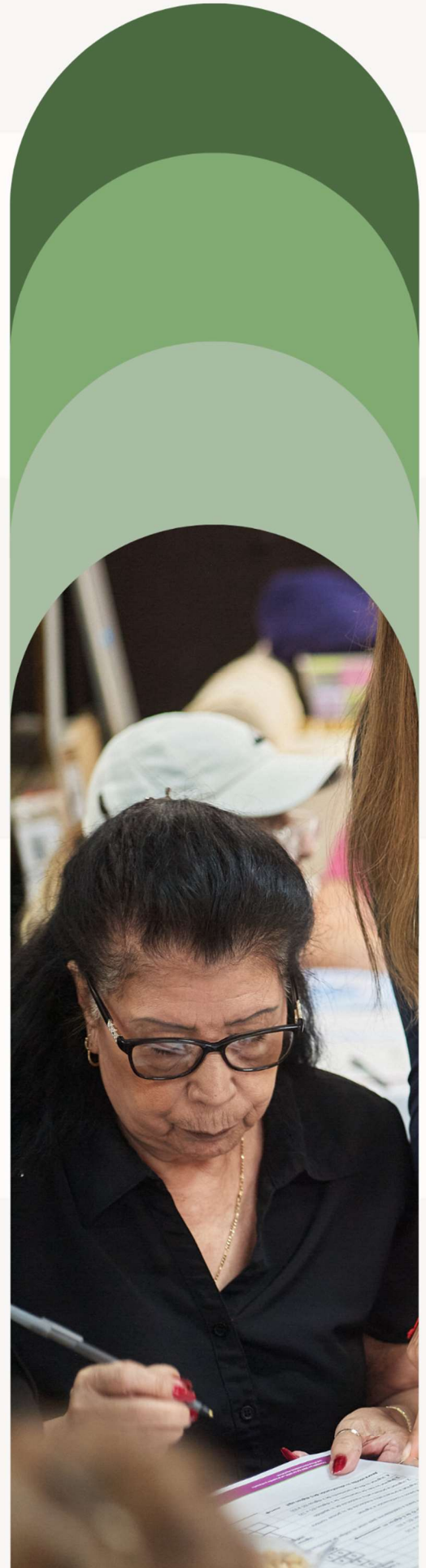


- 60% eat fruit and vegetables as snacks
- 86% take the skin off of chicken, always or often
- 67% eat whole grain foods often or every day
- 67% run out of food before the end of the month, never or sometimes

## Healthy Habits



- 50%\* use the nutrition facts label when shopping, always or often
- 74%\* exercise the recommended 30+ minutes at least 3 days each week
- 60%\* make small changes to be active often, usually, or always



## Intent to Change (ITC)

A total of 557 *Intent to Change* (ITC) surveys were collected in FFY 23 across eleven topics by CC Orange County. The following tables summarize the aggregated data as follows:

- The first three columns provide the survey topic question, the number of responded to the question data, and the percent not currently practicing the desirable behavior
- The last two columns provide data on the number and percent who intend to change their behavior from among those who do not currently practice the desired behavior

As shown in *Table 20*, the highest percentage of participants not practicing a healthy eating behavior was for eating from the 5 food groups (21%). However, nearly all (83%) of those respondents indicated they would eat from the 5 food groups more often next week. Eating fruit at least two-times a day had the lowest intent to change percentage (60%). Overall, about one-fifth (18%) of all respondents were not practicing the four healthy eating practices and four-fifths (80%) indicated that they would next week.

**TABLE 20 INTENT TO CHANGE BEHAVIOR RELATED TO INCREASING THE CONSUMPTION OF HEALTHY FOODS AND BEVERAGES**

During the past week, did you...	Number surveyed	% not practicing healthy behavior	# not practicing healthy behavior	% who intend to do the healthy behavior "More Often" within the next week
Eat whole grain products every day?	74	16%	12	83%
Eat foods from all 5 food groups each day?	58	21%	12	83%
Eat fruit at least 2 times a day?	25	20%	5	60%
Choose a smaller amount of food or beverage?	8	12.5%	1	100%
Combined: during the past week did you eat healthy foods?	165	18%	30	80%

As shown in *Table 21*, nearly three-fourths (72%) of respondents drank sweetened beverages every day during the past week and nearly two-thirds (62%) ate fast food. However, nearly all respondents, 92% and 100% respectively, said they would consume these unhealthy foods less often over the next week. Similarly, when combined, nearly all (93%) indicated they would consume these unhealthy foods less often.

**TABLE 21 INTENT TO CHANGE BEHAVIORS RELATED TO REDUCING THE CONSUMPTION OF UNHEALTHY BEVERAGES AND FOOD**

During the past week, did you...	Number surveyed	% not practicing healthy behavior	# not practicing healthy behavior	% who intend to do the unhealthy behavior "Less Often" within the next week
Drink a sweetened beverage every day?	103	72%	74	92%
Eat Fast food?	13	62%	8	100%
Combined intent to reduce eating unhealthy foods	116	71%	82	93%

As shown in *Table 22*, 73 participants completed the ITC survey related to doing 30 minutes of physical activity on 5 or more days. Nearly one-quarter (23%) reported not doing the physical activity behavior in the last week. However, nearly all of those respondents (88%) indicated that they intend to engage in moderate physical activity for at least 30 minutes a day in the next week.

**TABLE 22 INTENT TO CHANGE FOR BEHAVIOR RELATED TO PHYSICAL ACTIVITY**

During the past week, did you...	Number surveyed	% <u>Not</u> practicing healthy behavior	# <u>Not</u> practicing healthy behavior	% Who intend to do the healthy behavior "More Often" within the next week
Engage in moderate physical activity for at least 30 minutes on 5 or more days?	73	23%	17	88%

As shown in *Table 23*, about one-third of the 203 respondents did not compare unit prices while shopping (32%) whereas half did not make a list before going grocery shopping (52%) nor use the nutrition facts label (51%) to choose healthy foods. In addition, more than two-thirds (44%) did not plan meals. However, slightly more than four out of five (83%) indicated they will practice all four smart shopping behaviors before they go shopping the next time.

**TABLE 23 INTENT TO CHANGE BEHAVIOR BY PRACTICING A SMART SHOPPING BEHAVIOR**

During the past week, did you...	Number surveyed	% <u>Not</u> practicing the FRM behavior	# <u>Not</u> practicing FRM behavior	% Not practicing the FRM behavior who indicated "Yes" they will do it the next time
Use the nutrition facts label to choose food?	125	51%	64	81%
Compare unit prices before choosing foods?	31	32%	10	80%
Make a list before going shopping?	29	52%	15	93%
Plan meals before going to the store?	18	44%	8	88%
Combined: FRM behaviors in the past week.	203	48%	97	83%

\*FRM: Food Resource Management behavior

## Summary

In summary, the percentage of CCOC's single-session class participants ranged from nearly two-fifths (18%) of respondents who were not practicing healthy eating behaviors to almost two-thirds (71%) who were consuming unhealthy beverages. However, nearly all (80% and 93%) respectively indicated that they will practice healthy behaviors the next time. In addition, 88% of those who were not doing physical activity indicated they would do PA in the next week. Finally, four out of five of the nearly 100 not doing a food resource management behavior responded that they will do the food resource management behavior next time.



## Policy, Systems, and Environmental Changes

### Healthy Procurement

CCOC continues to support nutrition standards through training and technical assistance. In September of FFY 23, they conducted an engaging one-hour in-person training for 11 staff members and volunteers at the food distribution center. The center's healthy procurement standards provide pre-bundled food, including non-perishable food options such as dried beans, lentils, and canned foods.

In FFY 23, the Cantlay Center served 739,700 duplicated clients through their drive-through and walk-up style distribution, an increase from the number of clients served the previous fiscal year. There no restriction on how often a client can access the pantry every week.

Some of the key partners that helped fill the increased need for fresh fruits and vegetables, meat, and shelf-stable food items were the Community Action Partnership of Orange County Food Bank and the Second Harvest Food Bank of Orange County.



### Community Garden

CCOC has continued incorporating the garden at Cantlay Center into its programming. The 85 metal planters plus shelving units are maintained by the Garden of Hope Educator Coordinator, volunteers, and other center staff. The garden allows clients the ability to have fresh produce in their food bag and those interested in starting their own garden have the opportunity to learn how they can do it themselves. The food harvested from the garden is distributed to food pantry clients the following day in biodegradable plastic bags made from corn. Additionally, gleaned produce is used for food demonstrations during direct education conducted at the center.



In FFY 23, the produce planted in the Winter and harvested in the Spring included three types of onion (black, red, and green), cilantro, fava beans, celery, strawberries, beets, and six different types of lettuce. A total of 398 pounds were harvested from this. The produce planted in the Spring and harvested in the Summer included basil, cucumber, six types of peppers, tomatillo, sweet corn, rhubarb, and sweet potatoes. For this second planting, 855.5 pounds of produce was gleaned. A total of 1,253 pounds harvested this fiscal year have provided families, seniors, and unhoused individuals fresh fruits, vegetables, and herbs.

### Physical Activity

In FFY 23, CCOC offered 30-minutes in-person physical activity after nutrition education classes and 10-minute stretching and exercise sessions during virtual classes. Each session is tailored to the participants' abilities and included aerobic exercise like low-impact exercises and dancing for those interested in more intense workouts. Beyond offering 30 minutes of physical activity after nutrition education sessions, CCOC continued to share pre-recorded 30-minute exercise videos focused on stretching, low-impact exercises, strength training, and cardio through YouTube.



*Catholic Charities of San Bernardino & Riverside*

Direct Education

188 Classes

**2,524 Participants**

PSE Work

140 PSE Changes

**190,194 Reached**

Indirect Education

81 message  
reinforcement activities

**72,352 Reached**

In FFY 23, the CCSBRiv CalFresh Healthy Living program offered single-session nutrition education classes using *the Food Smarts for Adults* curriculum. Each session addressed a variety of topics including the five food groups that make up *MyPlate*, *ReThink Your Drink*, food label reading, shopping on a budget, and chronic disease prevention through physical activity.

Each *Food Smarts for Adults* session included presentations and activities that were visually engaging and participatory, hands-on, and interactive. During one session on *Rethink Your Drink*, an educator highlighted the sugar content in popular sodas by filling transparent cups with teaspoons of sugar to visually demonstrate the startling amount of sugar in each soda can. When possible, sessions included a healthy recipe demonstration and tasting from *EatFresh.org*. Curriculum worksheets, colorful PowerPoint presentations, and recipes cards were distributed to enhance lessons.

CCSBRiv complemented their direct education with indirect activities, such as distributing healthy messaging materials during food distributions that included *Eatfresh.org* recipe cards, Leah's Pantry *Tasty Tips* and *Eat the Rainbow*, as well as *Rethink Your Drink* recipes. CCSBRiv's indirect activities reached over 72,000 residents in FFY 23.

# DEMOGRAPHICS

of evaluated participants with CCSBRiv



## LANGUAGE

50% English  
50% Spanish



## AGE

64% 18-59  
36% 60 - 75



## GENDER

82% Female  
18% Male

## RACE

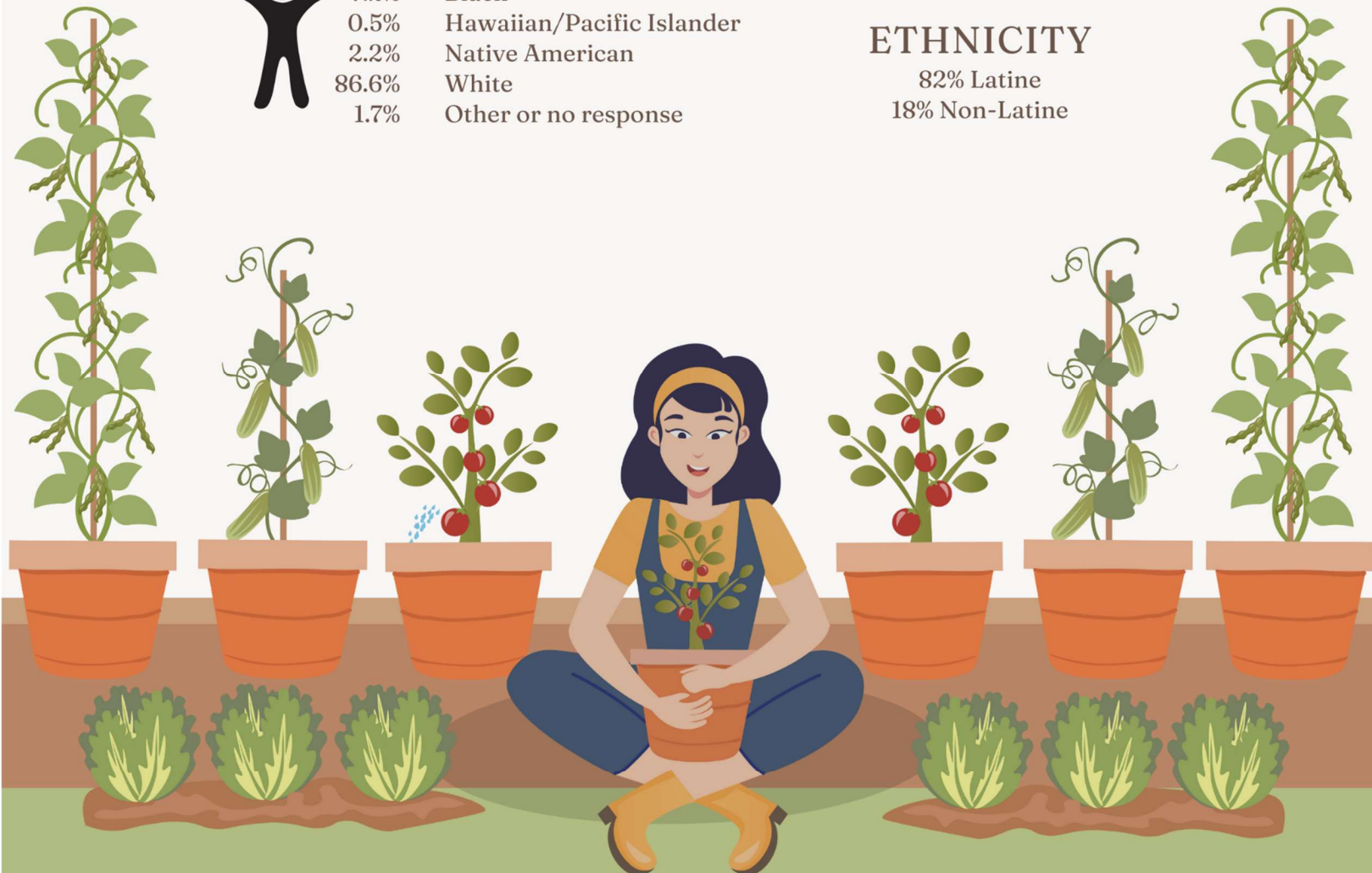


1.9%	Asian
7.2%	Black
0.5%	Hawaiian/Pacific Islander
2.2%	Native American
86.6%	White
1.7%	Other or no response



## ETHNICITY

82% Latine  
18% Non-Latine



## Evaluation Results

### Intent To Change (ITC)

A total of 2,503 ITC surveys were collected in FFY 23 by CCSBRiv. All of the surveys were gathered in a classroom setting via pen-to-paper.

The following tables summarize the aggregated data as follows:

- The first three columns provide the survey topic question, the number who responded to the question, and the percent not currently practicing the desirable behavior.
- The last two columns provide data on the number not practicing the healthy behavior and the percentage who intend to change their behavior from among those not currently practicing the desired behavior.

As shown in *Table 24*, the percent of those not practicing healthy behaviors ranged from a low of 7% eating a breakfast that includes at least the three food groups to 30% who do not eat or drink lower fat milk products at least 2 times a day. With the exception of the small numbers and high percent of intent to change associated with not eating fruit (3 and 100%) and breakfast, (5 and 80%) the overall intent to change for food groups, low fat dairy, vegetables, smaller portions, is approximately 66%. However, interestingly, for whole grains a low of two out of five (44%) intend to increase their grain consumption behavior.

**TABLE 24 INTENT TO CHANGE BEHAVIOR RELATED TO INCREASING THE CONSUMPTION OF HEALTHY FOODS AND BEVERAGES**

During the past week, did you...	Number surveyed	# not practicing healthy behavior	% not practicing healthy behavior	% who intend to do the healthy behavior "More Often" within the next week
Eat foods from all 5 food groups each day?	559	92	16.5%	66%
Eat whole grain products every day?	281	59	21%	44%
Eat or drink lower fat milk products at least 2 times a day?	155	47	30%	64%
Eat more than 1 kind of vegetable each day?	154	27	17.5%	63%
Choose a smaller amount of food or beverage?	102	15	15%	67%
Eat a breakfast that includes at least 3 food groups?	68	5	7%	80%
Eat fruit at least 2 times a day?	33	3	9%	100%
Combined: During the past week did you eat healthy foods?	1,352	248	18%	60%

As shown in *Table 25*, two out of three respondents (66%) reported drinking sugar-sweetened beverages every day in the past week and four out of five (80%) indicated that they would drink sugary beverages less often within the next week. Among the two out of five (42%) who ate fast food in the last week, three out of five (61%) indicated they intend to eat less fast food in the coming week. Finally, three out of five (62%) respondents indicated that they ate fried foods and nearly all (90%) intend to eat less fried food next week. Overall, nearly two-thirds (63%) reported eating or drinking unhealthy foods and four-fifths (80%) indicated they would do those behaviors less often in the coming week.

**TABLE 25 INTENT TO CHANGE BEHAVIORS RELATED TO REDUCING THE CONSUMPTION OF UNHEALTHY FOOD OR BEVERAGES**

During the past week, did you...	Number surveyed	# not practicing healthy behavior	% not practicing healthy behavior	% who intend to do the unhealthy behavior "Less Often" within the next week
Drink a sweetened beverage every day?	295	196	66%	80%
Eat fast food?	43	18	42%	61%
Eat fried foods 2 or more times?	79	49	62%	90%
Combined intent to reduce eating unhealthy foods	417	263	63%	80%

As shown in *Table 26*, one-quarter (26%) of all respondents did not plan meals before they went grocery shopping and one-fifth (21%) did not use the nutrition facts label once they were in the store. However, slightly more than two-thirds (67%) indicated they will plan meals before shopping and over half (59%) indicated that they would use nutrition facts labels the next time they go shopping. When combined, more than two-thirds (69%) of the 159 respondents indicated an intent to practice the two food resource management behaviors.

**TABLE 26 INTENT TO CHANGE BEHAVIOR BY PRACTICING A SMART SHOPPING BEHAVIOR NEXT TIME**

During the past week, did you...	Number surveyed	# not practicing FRM behavior	% not practicing the FRM behavior	% not practicing the FRM behavior who indicated "Yes" they will do it the next time
Plan meals before going to the store?	177	46	26%	67%
Use the nutrition facts label to choose food?	127	27	21%	59%
Make a list before going to the store?	75	30	40%	80%
Combined: FRM behaviors in the past week.	379	103	27%	69%

\*FRM: Food Resource Management behavior

As shown in *Table 27*, 355 participants completed the ITC survey related to doing physical activity in the last week. 26% percent of those respondents (17) reported not doing 2.5 hours of physical activity in the last week while nearly two-thirds (65%) intend to do more next week. In addition, one-third (34%) of respondents reported not engaging in moderate physical activity for at least 30 minutes on 5 or more days last week but nearly two-thirds (62%) intend to do

more PA next week. Overall, nearly one-third (32%) were not doing physical activity and 62% of those respondents indicated that they intend to engage in moderate physical activity next week.

**TABLE 27 INTENT TO CHANGE BEHAVIOR RELATED TO PHYSICAL ACTIVITY**

During the past week, did you...	Number surveyed	# not practicing healthy behavior	% not practicing healthy behavior	% who intend to do the healthy behavior "More Often" within the next week
Engage in moderate physical activity for at least 2.5 hours?	66	17	26%	65%
Engage in moderate physical activity for at least 30 minutes on 5 or more days?	289	97	34%	62%
Combined Physical Activity	355	114	32%	62%

### Summary

Overall, across the 13 *Intent to Change* topics and 2,503 participants, 29% did not practice a specific healthy behavior. However, among those 728 participants, 69% of those participants indicated that they will practice the healthy behavior the next time they eat, drink, exercise, or shop.

# ☑ Encouraging Behaviors

CC San Bernardino & Riverside

## Fruits and Vegetables



- 63% plan to eat more than 1 kind of vegetable each day
- 100% plan to eat fruit at least 2 time each day
- 60% plan to eat breakfast that includes at least 3 food groups
- 66% plan to eat foods from all 5 food groups each day

## Quick Decisions



- 80% plan to drink sweetened beverages less often, daily
- 61% plan to eat fast food less often, daily
- 90% plan to eat fried foods less often
- 80% plan to reduce eating unhealthy foods

## Nutritious Choices

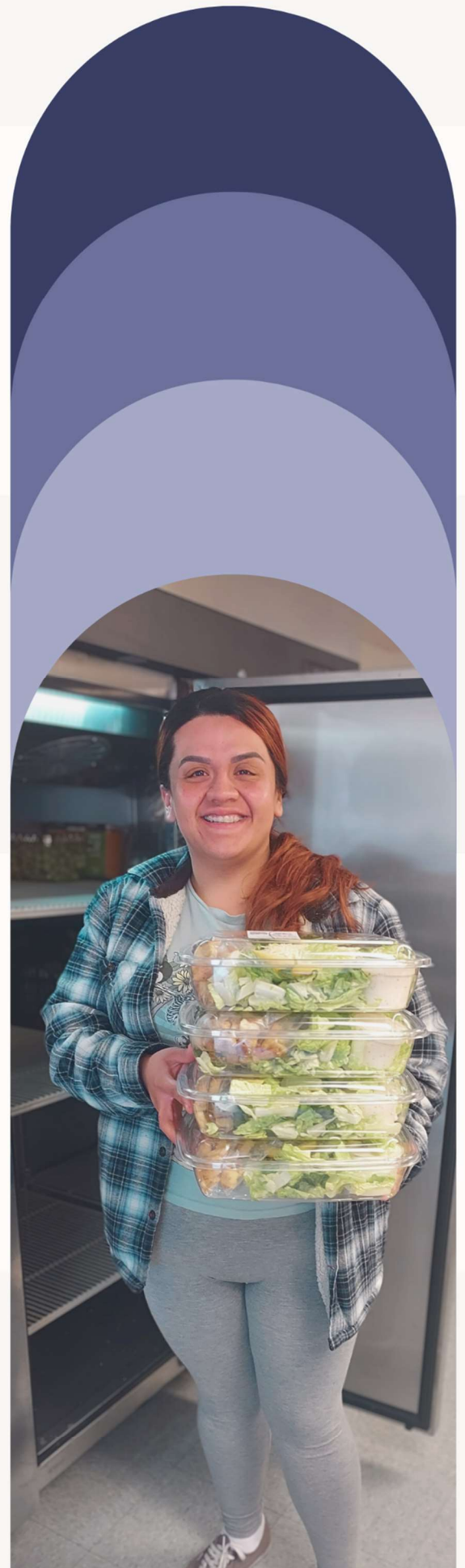


- 67% intend to plan meals before going to the store more often
- 80% plan to make a list before going to the store more often
- 59% plan to use the nutrition facts label to choose food more often
- 64% plan to eat or drink lower-fat milk products more often

## Healthy Habits



- 65% plan to engage in moderate physical activity for at least 2.5 hours per week, more often
- 62% plan to engage in moderate physical activity for at least 30 minutes on 5 or more days, more often



## Policy, Systems, and Environmental Changes

### Healthy Procurement

CCSBRiv is dedicated to helping alleviate food insecurity through the provision of healthy, humane, affordable, and culturally appropriate foods to those in need. The purchasing, procurement, and distribution of such foods are guided by the agency's Healthy Food Pantry Policy, adopted in FFY 16 and updated in FFY 22. This policy is implemented at all seven of their emergency food distribution centers across two counties. Staff are regularly trained to help enforce the policy, which focuses on the procurement and donation of healthy foods including fruits and vegetables, whole grains, dairy, lean protein, bottled water, flavored water with no added sugar, 100% fruit juice, and milk or milk substitutes. Beyond food distributions, the standards guide food served at agency events and meals served to the community through the Summer Lunch Programs, Neighbor2Neighbor weekly free breakfasts, holiday food baskets, and holiday celebrations.



The agency's partnerships with food banks, schools, and individual donors helped increase CCSBRiv's healthy food offerings and alleviate food insecurity in the area. Produce grown in the agency's three gardens, grants, and in-kind donations, such as freezers to store frozen foods for distribution, also helped the agency leverage its funds. In total, CCSBRiv's seven emergency food distribution sites provided healthy food and produce to over 70,000 community members.

### Healthy Food Pantry

Beginning in FFY 19, CCSBRiv initiated a partnership with the Leah's Pantry Nutrition Pantry Program (NPP) to assess their food distribution processes, needs, and goals in five of their food pantries. The NPP Healthy Food Pantry Assessment (HFPAT) delves deeply into the food pantry operation to determine how the pantry can be improved to better meet the needs of their community.

The agency's Riverside Regional Center was the first site to work through the NPP process to assess and improve its food distribution to be more client focused. In 2020, the center was awarded Gold NPP certification. Following this success, the agency worked with an additional four food distribution sites to implement the NPP program in FFY 22 & 23. The Upland Regional Center and Ontario's West End Regional Center completed the HFPAT and developed a workplan in FFY 22. Some of the improvements made during the NPP process include: the development and implementation of new client feedback methods; adoption of a trauma-informed lens to nutrition security; integration of direct and indirect nutrition education into pantry programming; and continuing training opportunities for staff and







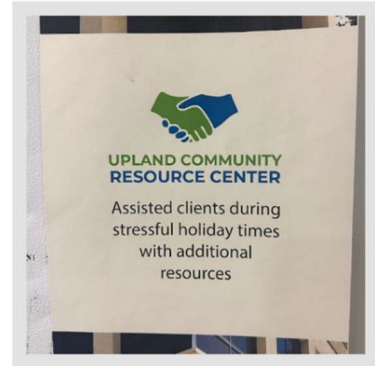
volunteers. The center achieved Gold NPP certification in FFY 23, and the Upland Regional Center was awarded Bronze NPP certification.

Two additional food distribution sites in the Coachella Valley, in Mecca and North Shore, also completed the HFPAT in FFY 22 and enacted workplans in FFY 23. In FFY 24, they will apply for NPP certification. In the future, the agency also plans to work toward NPP certification at the San Bernardino Regional Center and Our Lady of Soledad FISH food pantries.

### Community Gardens

In FFY 23, CCSBRiv's regional centers grew a bountiful variety of culturally-appropriate fruits and veggies including radishes, peppers, onions, cilantro, Okra, tomatoes, mixed lettuce, citrus, and herbs.

At the San Bernardino Regional Center, CCSBRiv revitalized the community garden that had been inactive for some time, with assistance from California College Corps volunteers. The new garden includes 4' across by 8' concrete bordered beds and a 4' by 8' raised bed. Lessons will be taught in the garden and staff will use the garden yield in food demos and share produce with class participants.



among the community. In FFY 23, new garden beds and additional fertilizers were added, and new vegetables were planted. The center provided more access for the community to harvest crops from the garden and some produce was used during food demonstrations. Produce was also used in the Neighbor-to-Neighbor program that offered free healthy Sunday breakfast served to the community.

The West End Regional Center's onsite citrus orchard grew an abundance of oranges, tangerines, grapefruit, and lemons this year. The produce was used to supplement the food distribution along with donations of excess produce from local farms.



### Physical Activity

CCSBRiv offered a variety of engaging physical activity opportunities at its regional and community centers in FFY 23. Individuals of all ages were invited to participate in fun physical activities at the Riverside Regional Center. Offerings included Zumba and dance classes, children's outdoor activities, chair exercises for older adults, yoga, and gardening opportunities that enabled participants to be active.

The San Bernardino Regional Center started a walking group that meets after nutrition education classes. Community members walk as a group around the neighborhood, with infused waters and water bottles available after the activity. In addition, the center invited the community to weekly 1-hour Zumba and Yoga classes. While at Our Lady of Soledad, physical activities included weekly stretching and chair yoga during nutrition classes.



**Direct Education**

188 Classes

---

**1,700 Participants**

**PSE Work**

24 PSE Changes

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**1,750 Reached**

**Indirect Education**

23 message reinforcement activities

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**3,911 Reached**

In FFY 23, CCSF conducted in-person nutrition education with students in 4<sup>th</sup>-to-8<sup>th</sup> grade using the *Food Smarts for Kids* curriculum. Each session provided 30-45 minutes of instruction on various topics, including food groups, healthy beverage consumption, food label reading, and physical activity promotion. There were also opportunities to engage youth in learning kitchen knife safety skills, recipe preparation, fun interactive activities, and food tastings.

CCSF continued collaborating with Catholic schools, community centers, and local libraries in FFY 23. Beginning in April 2022, a new, twice-monthly *Food Smarts for Kids* series began at the Catholic Charities' Center for Immigration and Support in the City of San Mateo. To prevent language challenges previously experienced at this location and extend the program's reach, the CCSF team enlisted the help of a translator. CCSF conducted sessions at three Catholic elementary schools in San Francisco. Also, in FFY 23, CCSF continued engaging youth in San Mateo County at the North Fair Oaks Library. They offered fun and informative single sessions at that site.

In the summer months, nutrition classes were also delivered to 1<sup>st</sup>-to-7<sup>th</sup> grade youth once a week at the agency's Maureen and Craig Sullivan Center in San Francisco.

CCSF supported their nutrition education classes with 23 indirect education activities that reached 3,911 individuals. Recipes continued to be disseminated to families through several strategies: asking principals to send recipes in a mass email to students' families, posting recipes on school websites to maintain engagement throughout the summer vacation, and distributing recipe cards and books in multiple languages to parents during school pick up. Students and their families told CCSF staff that they enjoyed making the *EatFresh.org* and *Champions for Change* recipes at home together.

# DEMOGRAPHICS

of evaluated participants with CCSF



## LANGUAGE

100% English



## AGE

100% 9 - 14  
Average Age = 12.2



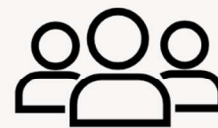
## GENDER

46% Female  
51% Male  
3% Prefer no response

## RACE

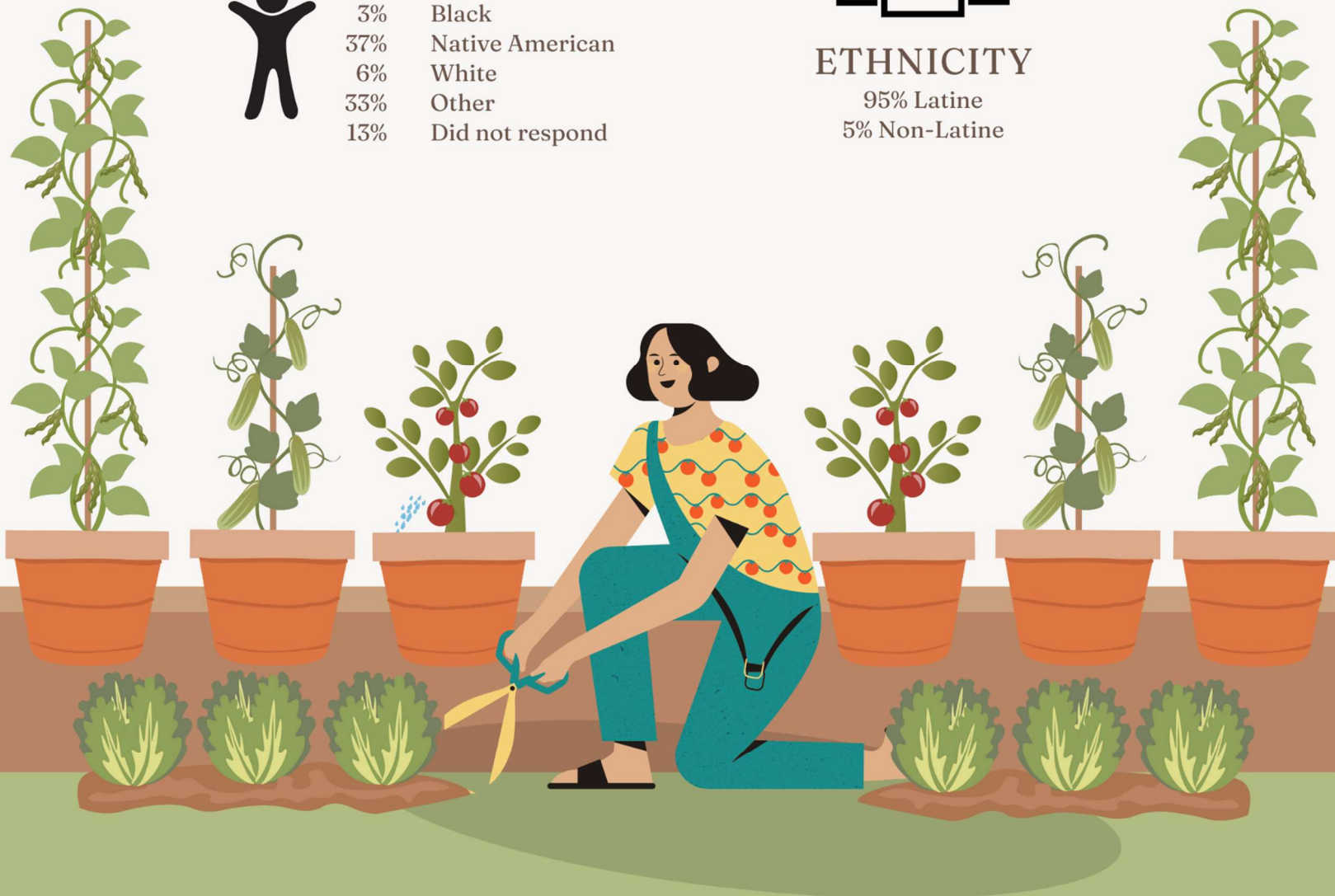


5% Asian  
3% Black  
37% Native American  
6% White  
33% Other  
13% Did not respond



## ETHNICITY

95% Latine  
5% Non-Latine



## Evaluation Results

### Eating and Activity Tool for Students (EATS)

A total of 67 EATS surveys were completed by students in a classroom via pen-to-paper. The data were entered into Survey Monkey and exported into SPSS Ver 28 for descriptive and inferential statistical analysis. The analysis of statistical significance was conducted at alpha = 0.05 and 0.01 levels of significance. A p-value of less than 0.05 indicates a statistically significant change.

As shown in *Table 28*, the CC San Francisco CalFresh Healthy Living school intervention showed statistically significant changes in 4 of the 18 EATS questions. The students significantly increased their consumption of fruit, fruit juice, and whole grain foods. They also significantly increased their vigorous physical activity by nearly two-thirds of a day. Among the behaviors that did not result in statistically significant change but can be considered encouraging behaviors that show the potential for future healthy change include 65% did not drink regular soda yesterday and 57% ate salad or green vegetables at least one time yesterday.

The *Foundations of Success* on the next page summarize data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the San Francisco CFHL youth participants. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

**TABLE 28 OUTCOME DATA ANALYSIS FOR CC SAN FRANCISCO (N=67)**

Survey Question Topic	p-Value	Type of statistically significant change
1. eat any starchy vegetables?	.446	None
2. eat any orange vegetables?	.760	None
3. eat any salad or green vegetables?	.795	None
4. eat any other vegetables?	.302	None
5. eat any beans?	.096	None
6. eat any fruit?	.046	Increase
7. drink any fruit juice?	.009	Increase
8. eat any bread, tortillas, buns, that were brown?	.042	Increase
9. drink any diet soda?	1.000	None
10. drink any punch, sports drinks, or other fruit-flavored drinks?	.874	None
11. drink any regular soda or soft drinks?	.689	None
12. drink any energy drinks?	.775	None
13. drink any sweetened coffee or tea drinks?	.277	None
14. drink any flavored milk or milk-type drinks?	.391	None
15. drink any water?	.666	None
16. What type of milk do you drink most of the time?	.661	None
17. Number of days of vigorous physical activity for a total of at least 60 minutes per day last week?	.014	Increase
18. Hours of screen time last week on a typical school day Monday through Friday.	.441	None

# ☑ Foundations of Success

CC San Francisco

## Fruits and Vegetables



- 88%\* ate fruit at least 1 time yesterday
- 70%\* drank 100% fruit juice at least 1 time yesterday
- 57% ate salad or green vegetables at least 1 time yesterday
- 47% ate starchy vegetables at least 1 time yesterday

## Drink Choices



- 88% did not drink any diet sodas yesterday
- 87% did not drink any energy drinks yesterday
- 76% did not drink any sweetened coffee or tea drinks yesterday
- 69% did not drink any flavored milk or milk yesterday

## Nutritious Choices



- 96% drank water at least 1 time yesterday
- 70% drank water 3 or more times yesterday
- 61% ate corn tortillas or bread at least 1 time yesterday
- 29% who said they drink milk drink 1%, non fat, or soy milk most of the time

## Healthy Habits



- 64%\* were physically active the recommended minimum of at least 3 days per week
- 22%\* were physically active for at least 60 minutes the recommended 7 days per week
- 29% spent the recommended 2 hours or less per day of recreational screen time



## Policy, Systems, and Environmental Changes

### Healthy Procurement

In FFY 22, CCSF refined its nutrition standards for their after-school and summer programming. These standards highlighted the importance of offering well-balanced meals, clean water, and nutrition education to help students make healthier choices. In FFY 23, CCSF implemented the refined nutrition standards at the agency's Maureen and Craig Sullivan Center. The updated standards helped establish a healthy set of rules around food and nutrition at the center, reaching approximately 200 attendees. CCSF was also able to create and put in place nutrition standards at the North Fair Oaks Library in San Mateo County this fiscal year. A total of about 260 students were reached.

### Community Gardens

This fiscal year, CCSF purchased their first hydroponic gardening system and set it up at one elementary school to serve as a pilot test and demonstration garden. Hydroponic gardens can increase access and availability of fresh fruits and vegetables through vertical gardens that use water rather than soil to grow food in a small space. The vertical edible gardens can provide a larger yield than traditional agriculture. The hydroponic gardening system manufacturer, Fork Farms, estimates their 3'x3' garden "can grow as much lettuce as around 500 sq. ft. of prime Salinas Valley farmland (22'x22')." Hydroponic gardens are also beneficial in areas where warm sunlit days are lacking or in urban garden areas. The first seed and transplanting occurred in September 2023, with help from the 4<sup>th</sup> to 8<sup>th</sup> grade students. The garden will reach approximately 565 students at both sites during the next fiscal year. CCSF hopes that when produce is grown from the hydroponic garden, extra fruits and vegetables will go in a communal basket for students and their families.



### Physical Activity

CCSF continues to partner with low-income Catholic Schools to provide physical education through their Catholic Youth Organization (CYO) Athletic program. CYO staff bring these physical education opportunities to schools and work through the CFHL program to implement strategies to increase physical activity opportunities for youth, such as CATCH. CATCH is the acronym for the *Coordinated Approach to Child Health program*. It is a policy, systems, and environmental change and direct education intervention aimed at preventing obesity in school-age children. CATCH provides schools with a curriculum for each grade level focusing on nutrition and physical activity.

In FFY 22, CCSF was able to resume in-person CATCH programming after utilizing virtual platforms to conduct physical activity classes from March 2020 to August 2022. In August 2022, CCSF program staff received a refresher training on the CATCH curriculum, before resuming their regular programming. The structured activity during recess served at least 725 children, providing safe, in-person physical activity opportunities to improve their physical and social wellness.

Colorful playground stencils are another component of the CATCH curriculum. Stencils placed on school blacktops encourage physical activity in a fun atmosphere. The stencils incorporated evenly spaced images of fruits and vegetables to encourage students to play relay games. CCSF has been consistently adding stencils to their three partner schools from FFY 20 to FFY 23.






## Catholic Charities of Santa Clara County

### Direct Education

188 Classes

**1,211 Participants**

### PSE Work

26 PSE Changes

**1,395 Reached**

### Indirect Education

23 message  
reinforcement activities

**6,085 Reached**

CCSC used the practice-tested five-session *Food Smarts for Kids* curriculum series with 4th-to-8th graders. Each class concludes with key messages that reinforce the lesson and students' take-home materials in English and Spanish, including the day's recipe. During the last class in the series, students were treated to a healthy food tasting to celebrate the completion of the series and a special incentive, a water cup to encourage students to drink water or make one of the smoothie recipes at home that they learned during the lessons. Younger students attended single sessions of the *Pick a Better Snack* curriculum. This curriculum focuses on increasing fruit and vegetable consumption and physical activity by introducing students to new fruits and vegetables to increase their preference for picking a healthy snack.

CCSC partners with the agency's Communities Organizing Resources to Advance Learning (CORAL) program the Franklin McKinley School District to provide nutrition education to elementary and middle-school students and at two youth centers during the school year. Summer enrichment was offered at the two centers and two elementary schools.

Healthy messaging is incorporated throughout the programs to reinforce CCSC's multi-pronged effort of promoting both nutrition education and physical activity. Since all COVID-restrictions were lifted during the 2023 academic year, CCSC was able to resume fun, healthy, and informative events that engaged students and their families this year.



# DEMOGRAPHICS

of evaluated participants with CCSC



## LANGUAGE

100% English



## AGE

100% 9 - 12  
Average Age = 9.9



## GENDER

45% Female  
50% Male  
5% Prefer no response

## RACE



60%	Asian
3%	Black
11%	Native American
5%	White
5%	Other
19%	No Response



## ETHNICITY

95% Latine  
5% Non-Latine





## Evaluation Results

### Eating and Activity Tool for Students (EATS)

A total of 92 EATS surveys were completed by students in a classroom via pen-to-paper. The data were entered into Survey Monkey and exported into SPSS Ver 28 for descriptive and inferential statistical analysis. The analysis of statistical significance was conducted at alpha = 0.05 and 0.01 levels of significance. A p-value of less than 0.05 indicates a statistically significant change.

As shown in *Table 29*, the CC Santa Clara County CalFresh Healthy Living school intervention showed statistically significant changes in 3 of the 18 EATS questions. The students significantly increased their consumption of salad or green vegetables, beans, and fruit juice. Among the behaviors that did not result in statistically significant change but can be considered encouraging behaviors that show the potential for future healthy change include 65% did not drink regular soda yesterday and 57% ate salad or green vegetables at least one time yesterday.

The *Foundations of Success* on the next page summarize data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the CC Santa Clara County CFHL youth participants. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

TABLE 29 OUTCOME DATA ANALYSIS FOR CC SANTA CLARA (N=92)

Survey Question Topic	p-Value	Type of statistically significant change
1. eat any starchy vegetables?	.455	None
2. eat any orange vegetables?	.283	None
3. eat any salad or green vegetables?	.002	Increase
4. eat any other vegetables?	.117	None
5. eat any beans?	.006	Increase
6. eat any fruit?	.886	None
7. drink any fruit juice?	.003	Increase
8. eat any bread, tortillas, buns, that were brown?	.854	None
9. drink any diet soda?	.300	None
10. drink any punch, sports drinks, or other fruit-flavored drinks?	.314	None
11. drink any regular soda or soft drinks?	.650	None
12. drink any energy drinks?	.726	None
13. drink any sweetened coffee or tea drinks?	.381	None
14. drink any flavored milk or milk-type drinks?	.240	None
15. drink any water?	.091	None
16. What type of milk do you drink most of the time?	.370	None
17. Number of days of vigorous physical activity for a total of at least 60 minutes per day last week?	.391	None
18. Hours of screen time last week on a typical school day Monday through Friday.	.053	None

# ☑ Foundations of Success

CC Santa Clara

## Fruits and Vegetables



- 81% ate fruit at least 1 time yesterday
- 42%\* drank 100% fruit juice at least 1 time yesterday
- 62%\* ate salad or green vegetables at least 1 time yesterday
- 56% ate other vegetables at least 1 time yesterday

## Drink Choices



- 90% did not drink any energy drinks yesterday
- 77% did not drink any diet sodas yesterday
- 73% did not drink any sport or fruit flavored drinks yesterday
- 73% did not drink any sweetened coffee or tea drinks yesterday

## Nutritious Choices

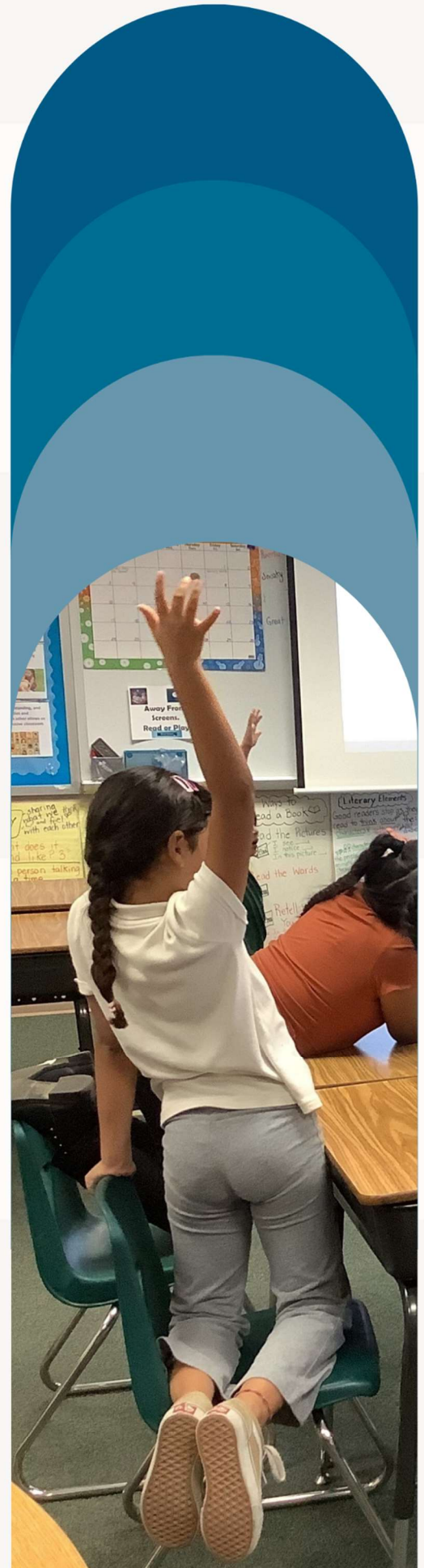


- 97% drank water at least 1 time yesterday
- 54% drank water 3 or more times yesterday
- 48% ate corn tortillas or bread at least 1 time yesterday
- 26% who said they drink milk drink 1%, non fat, or soy milk most of the time

## Healthy Habits



- 78%\* were physically active the recommended minimum of at least 3 days per week
- 22%\* were physically active for at least 60 minutes the recommended 7 days per week
- 47% spent the recommended 2 hours or less per day of recreational screen time







#### Direct Education

188 Classes

**1,737 Participants**

#### PSE Work

136 PSE Changes

**4,812 Reached**

#### Indirect Education

89 message reinforcement activities

**9,014 Reached**

In FFY 23, the team at CCSR educated high school youth about healthy eating habits and increasing physical activity. Their successful high school program provided series classes consisting of five 60-minute lessons using the *Food Smarts for Adults* curriculum. Lessons focus on a variety of topics including the five food groups, how to pick the healthiest foods in the grocery store, consuming more fruits and vegetables, decreasing sodium and sugar consumption, and staying healthy through physical activity.

Educators ensured that each session was fun and interactive. For example, when talking about a healthy diet and disease prevention, the educators passed around plastic models of what 5 pounds of fat and 5 pounds of muscle look like. Students found the visual examples eye-catching and thought provoking. Healthy recipes were prepared, and students sampled tasty treats that they could make at home from *EatFresh.org*. Supplemental materials were provided for students to take home, including lesson handouts and the day's recipe.

In addition to their direct education, CCSR reached over 9,000 individuals through their indirect education efforts in FFY 23. Health messaging flyers and recipes were distributed to community members accessing their four rural food distribution sites. To make indirect education more engaging, the agency acquired a 'Smoothie Bicycle,' a stationary bicycle outfitted with a blender that works when someone rides on the bike. Participants found this to be a fun way to create their own smoothies with fresh fruits and vegetables from the food distribution.

# DEMOGRAPHICS

of evaluated participants with CCSR



## LANGUAGE

100% English



## AGE

100% 15 - 19  
Average Age = 16.2



## GENDER

22% Female  
74% Male  
4% Prefer no response

## RACE



1% Asian  
1% Black  
1% Hawaiian/Pacific Islander  
41% Native American  
15% White  
3% Other  
38% Did not respond



## ETHNICITY

87% Latine  
12% Non-Latine  
1% Did not respond



## Evaluation Results

### Eating and Activity Tool for Students (EATS)

A total of 69 EATS surveys were completed by students attending Elsie Allen High School in Santa Rosa via pen-to-paper. The data were entered into Survey Monkey and exported into SPSS Ver 28 for descriptive and inferential statistical analysis. The analysis of statistical significance was conducted at alpha = 0.05 and 0.01 levels of significance. A p-value of less than 0.05 indicates a statistically significant change.

As shown in *Table 30*, the CC Santa Rosa CalFresh Healthy Living school intervention did not show any statistically significant changes across the 18 EATS questions. However, among the behaviors that did not result in statistically significant change but can be considered encouraging behaviors that show the potential for future healthy change include that 65% did not drink regular soda yesterday, 78% ate fruit at least one time yesterday, and 77% ate corn tortillas, bread, or rolls that were brown at least one time yesterday.

The *Foundations of Success* on the next page summarize data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the CC Santa Rosa youth participants. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

**TABLE 30 OUTCOME DATA ANALYSIS FOR CC SANTA ROSA (N=69)**

Survey Question Topic	p-Value	Type of statistically significant change
1. eat any starchy vegetables?	.888	None
2. eat any orange vegetables?	.297	None
3. eat any salad or green vegetables?	.161	None
4. eat any other vegetables?	.626	None
5. eat any beans?	.894	None
6. eat any fruit?	.139	None
7. drink any fruit juice?	.150	None
8. eat any bread, tortillas, buns, that were brown?	.441	None
9. drink any diet soda?	.062	None
10. drink any punch, sports drinks, or other fruit-flavored drinks?	.180	None
11. drink any regular soda or soft drinks?	.226	None
12. drink any energy drinks?	1.000	None
13. drink any sweetened coffee or tea drinks?	1.000	None
14. drink any flavored milk or milk-type drinks?	.418	None
15. drink any water?	.197	None
16. What type of milk do you drink most of the time?	.058	None
17. Number of days of vigorous physical activity for a total of at least 60 minutes per day last week?	.798	None
18. Hours of screen time last week on a typical school day Monday through Friday.	.146	None

# ☑ Foundations of Success

## Fruits and Vegetables



- 78% ate fruit at least 1 time yesterday
- 49% drank 100% fruit juice at least 1 time yesterday
- 61% ate salad or green vegetables at least 1 time yesterday
- 45% ate orange vegetables at least 1 time yesterday

## Drink Choices



- 90% did not drink any energy drinks yesterday
- 86% did not drink any diet sodas yesterday
- 75% did not drink any sweetened coffee or tea drinks yesterday
- 74% did not drink any flavored milk or regular milk yesterday

## Nutritious Choices

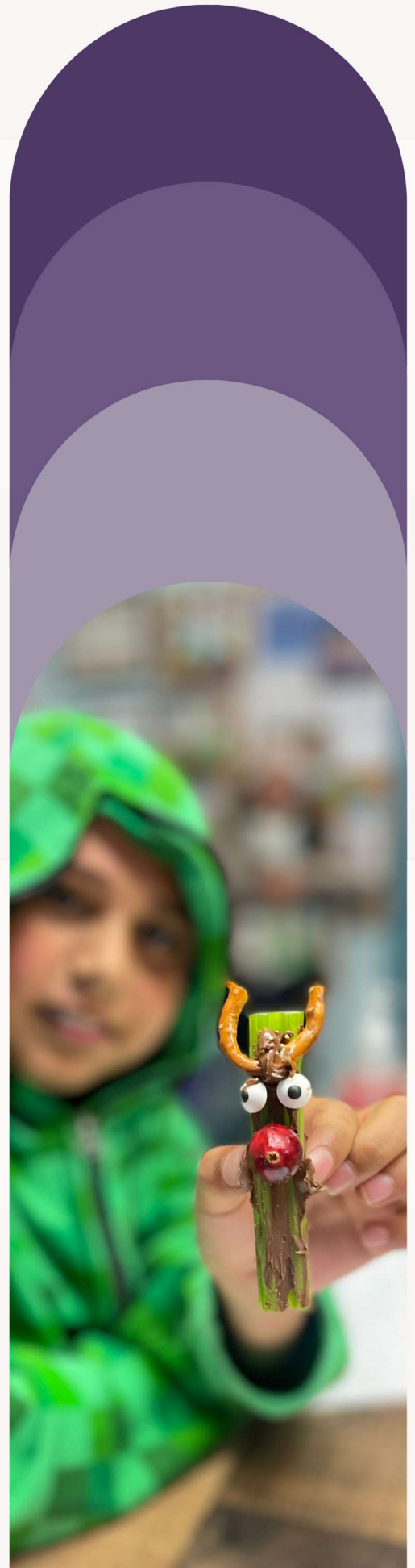


- 97% drank water at least 1 time yesterday
- 59% drank water 3 or more times yesterday
- 77% ate corn tortillas or bread at least 1 time yesterday
- 46% ate beans at least 1 time yesterday

## Healthy Habits



- 85% were physically active the recommended minimum of at least 3 days per week
- 16% were physically active for at least 60 minutes the recommended 7 days per week
- 31% spent the recommended 2 hours or less per day of recreational screen time



## Policy, Systems, and Environmental Changes

### Healthy Procurement

CCSR formed an agency-wide Wellness Committee in 2016, to establish healthy food and procurement policies for all foods distributed through its four rural distribution sites, four emergency shelters, two drop-in centers, affordable housing sites, and programs housed in the agency's two offices in Santa Rosa and Middletown. In FFY 23, CCSR worked to maintain the policy and CalFresh Healthy Living educators assisted shelter kitchen to develop monthly healthy menus. CCSR also assisted two church pantries to ensure distribution of healthy foods. The policy and procedures reach approximately 20,000+ per year, including staff and clients accessing CCSR's services.

In FFY 23, CCSR partnered with organizations to increase access and availability to farm fresh produce for the clients they serve. For example, their partnership with the Redwood Empire Food Bank provided enough food for nearly 150,000 meals. In addition, all of the CCSR sites benefitted from an alliance with Farm to Pantry, a local volunteer gleaned organization. As a result, CCSR sites such as their newly opened Caritas Village, that provides permanent affordable housing and a homeless shelter, received approximately 100 pounds of fruits and vegetables weekly.

CCSR's Community Resource Center (CRC) continued to offer Community Supported Agriculture (CSA) produce boxes in FFY23. Clients were able to purchase a CSA box at half price using their SNAP cards, thanks to a partnership that provided a dollar-for-dollar match. Approximately 150 boxes were purchased this year through this program. The CRC also receives Farm to Pantry boxes of freshly gleaned fruits and vegetables several times each week, increasing access to all clients who come into the center.

In FFY23, CCSR added a senior home delivery project in partnership with the agency's Rural Food and Senior Services Programs. The new project provides home-bound seniors with about 50 lbs. of healthy food each month that meets each client's dietary needs and cooking capabilities.

At Ortiz Plaza, an affordable housing complex for farmworker families in Santa Rosa, CCSR connected the residents with the *Farm-to-Pantry* program. Many farmworkers and their families are food insecure due to their limited and low income. This program provides residents access to 100 lbs. of fresh produce each week.

### Community Gardens

In FFY 23, CCSR collaborated with partners and volunteers to plant and maintain five edible community and school gardens. All were established gardens that were either revitalized or expanded. Volunteers were integral to the success of the gardens. They assisted with clean-up, planting, weeding, and maintenance. They also assisted with harvesting a large variety of fruits, vegetables, and herbs.

Two CCSR sites, the Palms Inn and Sam Jones Hall, provided fresh from the garden fruits and vegetables to clients residing in supported housing and shelters. The Palms Garden grew to 10 garden beds and thrived with the support of residents who adopted a garden bed. Other beds were open to all residents. At the Sam Jones Hall Garden, CCSR staff planted fruits and veggies that residents could pick and eat in the garden. The garden helped improve the residents' fruit and vegetable intake as they enjoyed produce, like blueberries and strawberries, as a quick healthy snack. Garden produce was also used in healthy meals prepared in the shelter's kitchen.





At the Middletown United Methodist Church, CCSR revitalized three garden beds and several wine barrel gardens were refreshed with new soil, veggies, and herb starters. The produce was used for meals prepared for individuals in need of a hot meal two to three evenings per week.

CCSR funded five new garden beds at Park Side Elementary School. CCSR played an integral part in the success of the garden, from purchasing the lumber, to digging up dirt, to hand delivering plant starts. Garden beds were assigned to classrooms, and students, teachers, and parents planted and maintained the beds. The produce was used in food demos and tastings.



At Greenacre Homes and School, CCSR assisted with revitalizing the overgrown garden. The CFHL program provided funding for the soil and the lumber to build six new garden beds. They also identified a teacher to be the garden lead. All produce harvested was used for food tastings or for students to take home to their families.

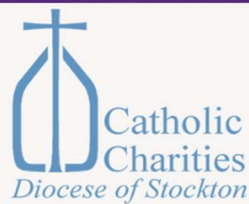
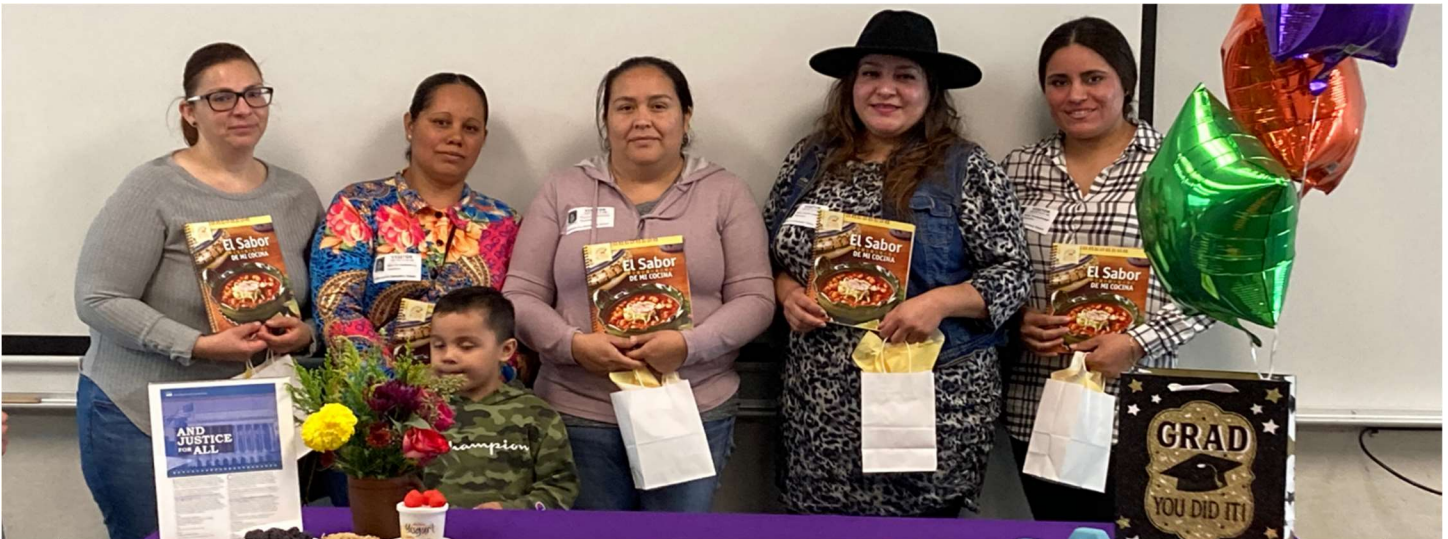
In FFY 23, CCSR assisted with re-establishing the 10 garden beds at Piner High School and added an irrigation system. CCSR was able to support them by getting funding through Sonoma Water to install the irrigation system. They also assisted in bringing together the school's culinary program with the garden program in order to pilot a Farm to Table approach.

In FFY 22, CCSR supported the formation of a school garden club at Elsie Allen High School led by an earth science teacher and an agriculture teacher. CCSR continued to support the high school garden team and their ten small garden beds/planters in FFY 23 and assisted with the acquisition of nut and fruit trees. CCSR also connected the school with Piner High School so that they might replicate the garden/culinary *Farm-to-Table* concept.

### **Physical Activity**

CCSR continued to offer opportunities to the community to participate in fun physical activities in FFY 23. At the Windsor Veterans Village, CCSR collaborated with the local community college that offered yoga instructor trainings. Yoga teachers-in-training gained practice hours by teaching a 12-week yoga class at the Veterans Village that also included chair yoga for those less-mobile older adults. The classes averaged 24 participants each week.

While encouraging physical activity and taking advantage of the beautiful Napa/Sonoma area, CCSR partnered to offer free Sonoma County Regional Park passes to residents at two low-income housing sites. Also, at their newly opened Caritas Village, CCSR provided 40 families with park passes that enabled residents to access 60 beaches and hiking trails. Residents of Ortiz Plaza were also provided park passes so they could frequent a nearby regional park with hiking trails.



#### Direct Education

188 Classes

**1,436 Participants**

#### PSE Work

76 PSE Changes

**24,540 Reached**

#### Indirect Education

86 message reinforcement activities

**38,480 Reached**

Throughout FFY 23, CCST offered a variety of engaging nutrition education series using two validated curricula. The *Eat Healthy Be Active Community Workshops* series were conducted in Spanish and English. The workshops consisted of six 90-minute sessions, and topics included Enjoy Healthy Food that Tastes Great, Eating Healthy on a Budget, and Activity is Key to Living Well.

In FFY 23, CCST also delivered its popular *Cooking Matters* series. The series includes six sessions with five lessons. Sessions include nutrition education, food preparation, and recipe tasting. To keep participants engaged, staff continued to incorporate best practices such as using culturally relevant foods, providing materials in multiple languages, and using vibrant visuals through participatory and hands-on learning.

CCST delivered single sessions at schools and food assistance partner sites using the *Food Smarts for Adults* curriculum. In addition, the agency used the *Be Healthy, Be Active* curriculum to deliver single-session classes at colleges, community centers, and grade schools. This fiscal year, the agency also youth with the *Coordinated Approach to Child Health* (CATCH) physical activity curriculum.

CCST incorporated indirect education to enhance its direct education and PSE efforts. Healthy recipes were posted on parishes' websites and recipe cards were added to food bags during agency food distributions. CCST's Indirect Education activities reached 38,480 individuals in San Joaquin and Stanislaus Counties.

# DEMOGRAPHICS

of evaluated participants with CCST



## LANGUAGE

50% English  
50% Spanish



## AGE

59% 18 - 59 years old  
41% 60 - 75 years old



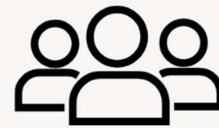
## GENDER

76% Female  
24% Male

## RACE



28% Asian  
4% Hawaiian/Pacific Islander  
2% Native American  
48% White  
18% Prefer no response



## ETHNICITY

59% Latine  
39% Non-Latine  
2% Prefer no response



## Evaluation Results

### Food Behavior Checklist (FBC)

CC Stockton collected 46 adult surveys using the FBC. 96% percent of the surveys were collected in class using pen-to-paper and 4% virtually via the PEARS online survey.

Table 31 shows, across the 16 MT1 healthy eating and drinking survey questions, 9 statistically significant ( $p < .05$ ) changes. There was an increase in eating different types of fruits and vegetables as snacks and at the main meal, eating more grains, and drinking water 4+ cups of water per day. Indeed, participants indicated they were eating one-third cup of fruit and one and one-third cups of vegetables more than before the nutrition education class. There was also a significant decrease in drinking fruit drinks, sports drinks, or punch.

Four of the five MT2 food resource management/smart shopping questions had significant increases: reading the nutrition facts label, preparing a list before shopping, and buying low-sodium and low-sugar foods.

All three of the MT3 PA questions showed statistically significant increases in the number of days of exercising for at least 30 minutes, muscle strengthening, and making small changes to be active.

Finally, the participants used the survey's 10-point scale to rate their eating habits and showed a statistically significant 1.9-point increase from pre to post-test.

The *Indicators of Success* on the next page summarize data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the CC Stockton CalFresh Healthy Living adult participants. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

TABLE 31 OUTCOME DATA ANALYSIS FOR CC STOCKTON (N=46)

Survey Question # and Topic	p-Value	Type of statistically significant change
<b>MT1 Healthy Eating</b>		
1. Eat F&Vs as snacks	<.001	Increase
2. Drink sports drinks	.079	None
3. Citrus fruit or juice	.486	None
4. Drink regular soda	.005	Decrease
5. Milk with cereal	.209	None
6. Cups of fruit	<.001	Increase
7. Cups of vegetables	<.001	Increase
8. Different fruit	.129	None
9. Different vegetables	.002	Increase
10. Drink Milk	.221	None
11. Take skin off chicken	.001	Increase
12. Eat Fish	.103	None
13. Eat >2 vegetables	.035	Increase
20. Eat whole grains	.002	Increase
21. Drink low/fat-free milk	.599	None
22. Cups of water	<.001	Increase
<b>MT2 Food Resource Management</b>		
14. Use Nutrition label	<.001	Increase
15. Run out of food	.583	None
23. List before shopping	.004	Increase
24 Buy low-sodium food	.050	Increase
25 Buy low-sugar food	.001	Increase
<b>MT3 Physical Activity</b>		
17. >30 min exercise	<.001	Increase
18. Strengthen muscles	<.001	Increase
19. Make small changes	.007	Increase
<b>Self-Rating</b>		
16. Rate eating habits	<.001	Increase



# ✓ Indicators of Success

CC Stockton

## Fruits and Vegetables



- 80%\* ate at least 1 cup of vegetables each day
- 66%\* ate the recommended 2+ cups of vegetables each day
- 64%\* ate more than one kind of vegetable each day, always or often
- 83%\* ate at least 1 cup or more of fruit each day

## Drink Choices



- 94%\* never or only sometimes drink regular soda
- 89% do not or only sometimes drink sugary sports drinks or punch
- 94%\* drink 4 or more cups of water every day
- 48% drink milk

## Nutritious Choices



- 78%\* eat fruit and vegetables as snacks
- 76%\* take the skin off of chicken, always or often
- 69%\* eat whole grain foods often or every day
- 65%\* buy foods with lower added sugar or no sugar, always or often

## Healthy Habits



- 72%\* use the nutrition facts label when shopping, always or often
- 60%\* exercise the recommended 30+ minutes at least 3 days each week
- 61%\* make small changes to be active often, usually, or always



## Cooking Matters (CM)

CC Stockton collected 24 matched pre and post-test CM surveys from adult participants via pen-to-paper. Among the CM participants, 87% were aged 18 - 59 and 19% were aged 60+. The participants were 95% female and 5% male. 100% of the participants identified ethnically as Latine. Racially, 46% of participants were White and 54% preferred not to respond.

The following tables show the results for questions that are consistent with the SNAP-Ed Evaluation Framework's MT1 Healthy Eating and MT2 Food Resource Management outcome indicators. There is also a table that shows pre- and post-levels of self-confidence in buying healthy ingredients and cooking healthy meals for the family.

### Questions 1-16: Healthy Eating Behaviors

As shown in *Table 32*, 12 questions that showed a statistically significant change from pre to post-test. There was a statistically significant increase in five healthy eating and drinking behaviors: the consumption of fruit, green salad, non-fried vegetables, whole grains, and eating low-fat dairy products. There was also a significant increase in drinking water, 100% citrus juice, and low-fat milk. When dining out there was a decrease in eating fast food and an increase in choosing healthy options in sit-down restaurants. Two resource management smart shopping behaviors, buying low-sodium food options and lean meats and beans for protein, also showed statistically significant increases.

A topic without statistically significant findings, but still encouraging findings nonetheless, was that three-quarters of respondents were drinking sugar-sweetened beverages such as soda once a week or less or not at all.

TABLE 32 HEALTHY EATING BEHAVIORS GLEANED FROM COOKING MATTERS (N=24)

Survey Question Topic	p-Value	Type of statistically significant change
1. Eat fruit like apples, bananas, melons, or other fruit	<.001	Increase
2. Eat Green salad	<.001	Increase
3. Eat French fries or other fried potatoes like home fries, hash browns, or tater tots	.648	None
4. Other kinds of non-friend potatoes	.234	None
5. Eat Refried, baked, pinto, black, or other cooked beans	.200	None
6. Eat Non-fried vegetables like carrots, broccoli, and green beans	<.001	Increase
7. Times a week typically eat a meal from a fast food restaurant?	.021	Decrease
8. 100% fruit juice like orange, apple, or grape juice	.038	Increase
9. A can, bottle, or glass of regular soda, sports drink, or energy drink	1.000	None
10. A bottle or glass of water	.006	Increase
11. When you have milk, how often do you choose low-fat (skim or 1%)	.010	Increase
12. How often do you choose to eat low-fat or fat-free dairy products	.005	Increase
13. How often do you choose to eat whole-grain products like bread, pasta, and rice	.009	Increase
14. How often do you choose low-sodium options when you buy packaged foods	<.001	Increase
15. When you buy meat or protein, how often do you choose lean or low-fat, 90% or above lean ground beef, or beans	<.001	Increase
16. When you eat at fast food or sit-down restaurants, how often do you choose healthy foods	.010	Increase

Scales: Ques: 1-10. 1=Not all, 2= Once a week or less, 3= More than once a week, 4= Once a day, 5= More than once a day; Ques: 11-16. 1=Never, 2=Rarely, 3= Some-times, 4= Often, 5= Always, 6= Does not Apply.



\*Level of significance is  $p < 0.05$ .

### Questions 17-29: Cooking, shopping, and eating behaviors

As seen in *Table 33*, among the three cooking attitude questions (i.e., Q17, 18, and 19) all three showed a statistically significant decrease in participants feeling that cooking was burdensome, frustrating, or took too much work after experiencing the *Cooking Matters* classes and gained knowledge on how to prepare healthy meals quickly and easily for their family. The two MT1 healthy eating questions showed significant increases in eating a timely breakfast and in eating from the five food groups each day. Among the eight resource management questions, seven showed statistically significant changes including grocery shopping practices such as comparing prices, using a grocery list and reading the nutrition facts labels. Participants also showed significant increases in preparing meals from scratch using healthy budget-friendly ingredients.

**TABLE 33 COOKING, SHOPPING, AND HEALTHY EATING BEHAVIORS RESULTS FROM CM (N=24)**

Individual Questions	p-Value	Type of statistical significance change
17. Cooking takes too much time	<.001	Decrease
18. Cooking is frustrating	<.001	Decrease
19. It is too much work to cook	.013	Decrease
20. How often do you compare prices before you buy food?	<.001	Increase
21. How often do you plan meals ahead of time?	<.001	Increase
22. How often do you use a grocery list when you go grocery shopping?	<.001	Increase
23. How often do you worry that your food might run out?	.088	None
24. How often do you use the “nutrition facts” on food labels?	<.001	Increase
25. How often do you eat breakfast within two hours of waking up?	<.001	Increase
26. How often do you eat food from each food group every day?	<.001	Increase
27. How often do you make homemade meals “from scratch” using ainly basic whole ingredients like vegetables, raw meats, rice, etc.?	.006	Increase
28. How often do you adjust meals to include specific ingredients that are more “budget-friendly,” like those on sale or in your refrigerator or pantry?	<.001	Increase
29. How often do you adjust meals to be more healthy, like adding vegetables to a recipe, using whole-grain ingredients, or baking instead of frying?	<.001	Increase

Scale. Ques: 17-19: 1=Strongly Disagree, 2=Disagree, 3= Neither Agree nor Disagree, 4= Agree, 5= Strongly Agree. Ques: 20-29: 1=Never, 2=Rarely, 3= Some-times, 4= Often, 5= Always, 6= Does not Apply.

### Questions 30-35: Healthy foods self-confidence

As noted in *Table 34*, participants’ confidence levels showed statistically significant increases in all six healthy food-related questions. Participants reported an increase in self-confidence related to their cooking skills, including using the same healthy ingredients in more than one meal, using basic cooking skills such as chopping fresh produce, measuring ingredients, following a recipe, and cooking healthy foods for their family on a budget. Participants also reported a significant increase in their shopping self-confidence, indicating they feel confident choosing the best-priced fruits and vegetables when they shop and that they can buy healthy foods on a budget and still help their family eat healthier.

**TABLE 34 HEALTHY FOODS SELF CONFIDENCE SURVEY RESULTS FROM CM (N=24)**

Individual Questions	p-Value	Type of statistical significance change
30. How confident are you that you can use the same healthy ingredient in more than one meal?	<.001	Increase
31. How confident are you that you can choose the best-priced form of fruits and vegetables (fresh, frozen, or canned)?	<.001	Increase
32. How confident are you that you can use basic cooking skills, like cutting fruits and vegetables, measuring out ingredients, or following a recipe?	<.001	Increase
33. How confident are you that you can buy healthy foods for your family on a budget?	<.001	Increase
34. How confident are you that you can cook healthy foods for your family on a budget?	<.001	Increase
35. How confident are you that you can help your family eat more healthy	.002	Increase

Scales: Ques 30-35: 1=Not at all confident, 2= Not very confident, 3= Neutral, 4=Somewhat confident, 5= Very confident, 6= Does not Apply.

**Intent to Change (ITC)**

A total of 1,471 *Intent to Change* (ITC) surveys were collected by CCST in FFY 23. All of the ITC surveys were gathered via the PEARS online survey.

The following tables summarize the aggregated data as follows:

- The first three columns provide the survey topic question, the number who responded to the question data, and the percent not currently practicing the desirable behavior.
- The last two columns provide data on the number and percent who intend to change their behavior from among those not currently practicing the desired behavior.

As shown in *Table 35*, across the four healthy eating behaviors, the percent of those not practicing healthy behaviors ranged from a low of 40% eating a breakfast that includes at least the three food groups to 71% that ate fruit at least two times a day. However, all four healthy eating behaviors showed an increase in intent to practice a healthy eating behavior with a range between 80% and 88% intent to change within the next week. Combined, all four behaviors had an 83% intent to practice a healthy eating behavior in the coming week.

**TABLE 35 INTENT TO CHANGE BEHAVIOR RELATED TO INCREASING THE CONSUMPTION OF HEALTHY FOODS AND BEVERAGES**

During the past week, did you...	Number surveyed	% not practicing healthy behavior	# not practicing healthy behavior	% who intend to do the healthy behavior “More Often” within the next week
Eat foods from all 5 food groups each day?	1,081	54%	579	82%
Eat fruit at least 2 times a day?	70	71%	50	88%
Eat or drink lower fat milk products at least 2 times a day?	34	74%	25	84%
Eat a breakfast that includes at least 3 food groups?	25	40%	10	80%



During the past week, did you...	Number surveyed	% not practicing healthy behavior	# not practicing healthy behavior	% who intend to do the healthy behavior "More Often" within the next week
Combined during the past week did you eat healthy foods?	1,210	55%	664	83%

As shown in *Table 36*, three-quarters (74%) of the respondents reported drinking sugary beverages every day over the last week but nearly three-quarters (72%) of those respondents intend to drink less sugary beverages in the coming week.

**TABLE 36 INTENT TO CHANGE BEHAVIORS RELATED TO REDUCING THE CONSUMPTION OF UNHEALTHY FOOD AND BEVERAGES**

During the past week, did you...	Number surveyed	% not practicing healthy behavior	# not practicing healthy behavior	% who intend to do the unhealthy behavior "Less Often" within the next week
Drink a sweetened beverage every day?	227	74%	169	72%

As shown in *Table 37*, nearly three-fourths (71%) of respondents did not plan meals before going grocery shopping. However, nearly all (96%) of those respondents will plan meals before shopping the next time.

**TABLE 37 INTENT TO CHANGE BEHAVIOR BY PRACTICING A SMART SHOPPING BEHAVIOR NEXT TIME**

During the past week, did you...	Number surveyed	% <u>not practicing</u> the FRM behavior	# not practicing FRM behavior	% not practicing the FRM behavior who indicated "Yes" they will do it the next time
Plan meals before going to the store?	34	71%	24	96%

\*FRM: Food Resource Management behavior

## Summary

In summary, across all six healthy behaviors, approximately 90% of respondents who were not practicing those behaviors indicated that they plan to practice the healthy behaviors the next time.

## Policy, Systems, and Environmental Changes

### Healthy Procurement

Since 2016, nutrition standards have guided healthy procurement and provided guidelines for donations to CCST's food pantry. In FFY 23, 10 of the agency's partner sites were awarded a Humanitarian Grant from the Church of Jesus Christ of Latter-Day Saints (LDS). The funding gives them the ability to purchase canned goods, household items, fresh fruits and vegetables, and other healthy food items that the pantry would otherwise be unable to buy. Some were also able to expand their hours of food distribution operation and one was able to add hot meals and refreshments for the homeless every Friday. CCST and their collaborators operated 12 food pantries that reached 20,088 individuals with healthy food in FFY 23.

Since 2019, CCST has developed a client survey to gather insight into clients' dietary restrictions, food preferences, and challenges that might limit their ability to cook pantry items. In FFY 23, a partnership with the local Emergency Food Bank provided funding for CCST to purchase more healthy food for their Healthy Food Bag program. CCST also collaborated with the University of California Cooperative Extension to provide healthy food bags for their nutrition education participants. Through these partnerships, more CalFresh eligible individuals and families had access to healthy food.



### Community Gardens

At many CCST Stockton PSE sites, the agency uses a multi-faceted approach to increase participants' consumption of fruits and vegetables. In FFY 22, CCST assisted the Mission of Good Shepard Church with garden beds, planting tools, and seeds. A community champion volunteer was identified to help upkeep the garden area. Garden beds were purposefully elevated to ease participation for older adults. A group of older adults met weekly to maintain the garden, which produced lettuce, cilantro, and other produce. In FFY 24, CCST plans to work with the site to start nutrition classes supported by the site's garden harvest.

In FFY 23, planting in the CCST agency garden started. Garden beds and garden pots were purchased on donated to harvest and distribute vegetables and herbs in the food bank. The first season of garden produce was successfully grown and gleaned. Mint from the garden has been used to make infused water. Tomatoes from the garden were also used for a food demonstration during one of the nutrition classes. Additionally, chiles from the garden were harvested and distributed to food pantry clients. The garden has been so successful that several volunteers, staff, and food bank clients want to assist with garden maintenance.

CCST also focused on creating more opportunities for young children to learn where their food comes from and to get involved in gardening. The agency provided gardening lessons to the children at the Casa de Esperanza Head Start and Wysteria Head Start. Children learned about different fruits and vegetables through a multitude of activities including special art projects, reading books about gardening, and planting seeds. Two weeks later, the staff went back to transplant the seedlings.



### Physical Activity

In FFY 23, CCST continued to work on creating safe physical activity opportunities for older adults. Staff members were trained in the *Matter of Balance* curriculum, a program consisting of eight, two-hour classes with a group of approximately 8-12 participants. Trained coaches facilitate group discussions, role-play activities, exercise training, and more to reduce older adults' fear of falling, improve their activity levels, reduce fall risks in their homes, and increase their overall strength and balance. CCST staff plans to use the knowledge and skills gained in the *Matter of Balance* training to conduct classes for older adults in FFY 24.



Northern Valley Catholic Social Services

Direct Education

188 Classes

**2,875 Participants**

PSE Work

451 PSE Changes

**7,296 Reached**

Indirect Education

138 message  
reinforcement activities

**15,271 Reached**

NVCSS provided various health and wellness services across six counties in northern California. In FFY 23, NVCSS used the practice-based *Food Smarts for Kids* to conduct single sessions and five-session series. *Food Smarts for Kids* is a learner-centered interactive nutrition education curriculum. Lessons focus on various topics including food groups, healthy beverage consumption, food label reading, and physical activity promotion. Classes engaged youth with interactive activities and included food demonstrations and recipe tastings when possible.

NVCSS also conducted single sessions with youth using the *TWIGS: Teams with Inter-Generational Support* curriculum. TWIGS is a garden-based nutrition education curriculum.

NVCSS used the *Food Smarts for Adults* curriculum to reach adults with single-session classes. The curriculum offers similar nutrition content and interactive sessions as the youth curriculum.

NVCSS continued to complement their direct education and PSE activities in FFY 23 with interactive indirect education activities. Their social media activities received 13,379 views this fiscal year alone. Social media activity and print materials distributed at farmers' markets and wellness fairs were NVCSS' primary Indirect Education Activities. These items included recipe sharing, food demonstrations and taste tests, fact sheets, newsletters, and activity sheets/books.

# DEMOGRAPHICS

of evaluated participants with NVCSS



## LANGUAGE

100% English



## AGE

100% 9 - 14  
Average Age = 12



## GENDER

47% Female  
48% Male  
5% Prefer no response

## RACE



5% Asian  
3% Black  
3% Hawaiian/Pacific Islander  
37% Native American  
6% White  
33% Other  
12% Did not respond



## ETHNICITY

24% Latine  
75% Non-Latine  
1% Prefer no response



## Evaluation Results

### Eating and Activity Tool for Students (EATS)

A total of 431 EATS surveys were completed by students in a classroom via pen-to-paper. The data were entered into Survey Monkey and exported into SPSS Ver 28 for descriptive and inferential statistical analysis. The analysis of statistical significance was conducted at alpha = 0.05 and 0.01 levels of significance. A p-value of less than 0.05 indicates a statistically significant change.

As shown in *Table 38*, the NVCSS CalFresh Healthy Living school intervention showed statistically significant changes in 4 of the 18 EATS questions. The students significantly increased their consumption of starchy vegetables, orange vegetables, and fruit juice. They also significantly increased their vigorous physical activity by half a day. Among the behaviors that did not result in statistically significant change but can be considered encouraging behaviors that show the potential for future healthy change include 65% did not drink regular soda yesterday and 57% ate salad or green vegetables at least one time yesterday.

The *Foundations of Success* on the next page summarize data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the NVCSS CFHL youth participants. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

TABLE 38 OUTCOME DATA ANALYSIS FOR NVCSS (N=431)

Survey Question Topic	p-Value	Type of statistically significant change
1. eat any starchy vegetables?	<.001	Increase
2. eat any orange vegetables?	<.001	Increase
3. eat any salad or green vegetables?	.093	None
4. eat any other vegetables?	.249	None
5. eat any beans?	.276	None
6. eat any fruit?	.675	None
7. drink any fruit juice?	.001	Increase
8. eat any bread, tortillas, buns, that were brown?	.379	None
9. drink any diet soda?	.487	None
10. drink any punch, sports drinks, or other fruit-flavored drinks?	.085	None
11. drink any regular soda or soft drinks?	.955	None
12. drink any energy drinks?	.459	None
13. drink any sweetened coffee or tea drinks?	.092	None
14. drink any flavored milk or milk-type drinks?	.507	None
15. drink any water?	.836	None
16. What type of milk do you drink most of the time?	.206	None
17. Number of days of vigorous physical activity for a total of at least 60 minutes per day last week?	<.001	Increase
18. Hours of screen time last week on a typical school day Monday through Friday.	.698	None

# ✓ Foundations of Success

NVCSS

## Fruits and Vegetables



- 49%\* ate starchy vegetables at least 1 time yesterday
- 37%\* ate orange vegetables at least 1 time yesterday
- 50%\* drank 100% fruit juice at least 1 time yesterday
- 79% ate fruit at least 1 time yesterday

## Drink Choices



- 87% did not drink any diet sodas yesterday
- 82% did not drink any energy drinks yesterday
- 72% did not drink any sweetened coffee or tea drinks yesterday
- 67% did not drink any sport or fruit flavored drinks yesterday

## Nutritious Choices



- 96% drank water at least 1 time yesterday
- 76% drank water 3 or more times yesterday
- 61% ate corn tortillas or bread at least 1 time yesterday
- 54% did not drink any flavored milk or regular milk yesterday

## Healthy Habits



- 64%\* were physically active the recommended minimum of at least 3 days per week
- 22%\* were physically active for at least 60 minutes the recommended 7 days per week
- 29% spent the recommended 2 hours or less per day of recreational screen time



## Policy, Systems, and Environmental Changes

### Healthy Procurement

In FFY 23, NVCSS reestablished nutrition and healthy procurement standards that were adopted in past years at 19 schools, early childhood education (ECE) centers, public housing, and group living facilities.

The nutrition standards policy adopted at Six Stones Wellness Center in 2021, was reinforced this fiscal year to encourage the acceptance and use of fresh produce, low-sugar, and low-sodium foods. In FFY 22, NVCSS collaborated with the Sunrise Mountain Wellness Center in Redding to adopt a similar nutrition and procurement policy. Additionally, nutrition standards were established in Butte County at the Lucian Manor Christian Retirement facility. In August 2023, NVCSS began an evaluation of the site's food services to promote healthy procurement for residents. At Catalyst Domestic Violence Services, healthy procurement is supported by CFHL through the provision of necessary kitchen equipment to cook fresh meals. Educators provide the women with skills to utilize healthy and fresh foods to feed themselves and their children. The standards reached 345 individuals living in group residences and clients seeking services at the NVCSS offices.



NVCSS also maintained nutrition standards at schools and early care education sites, reaching 2,260 children. In FFY 22, they pioneered a self-developed comprehensive approach to increase the availability of healthy food for school-age children attending Shasta County schools. The *Healthy Eat, Helping Hands* program includes (1) the Healthy Meals Program that engages students in preparing healthy, ready-made meals for fellow food insecure students (participating students learn kitchen safety, trauma-informed nutrition education, cooking, and gardening); (2) installation of a Fork Farms Hydroponic Garden (Hydroponic gardens use water rather than soil to grow food in a small indoor space); (3) installation of a campus Smart Systems Greenhouse; and (4) financial literacy education. Funding for the program was made possible through CFHL, donations from community members, and grants from the California Department of Food and Agriculture.

Also, in FFY 23, NVCSS began working with the Shasta County school district's superintendent and director of food services to encourage healthy Farm-to-Table foods for student meals in the cafeteria. Produce grown onsite is utilized in the cafeteria and salad bar for students to consume regularly. In addition, NVCSS conducted Food Waste Reduction Assessments at four schools in August 2022, and recommended changes to reduce cafeteria food waste in FFY 23.

Plans were also put in place at three elementary schools to begin a program to provide food insecure students over the weekends with balanced and nutritious meals . Food will be sourced through produce grown onsite, through local grocery store donations, and with food placed in a “share bin” that students did not want to eat during lunch.

### Community Gardens

In FFY 21, NVCSS applied for a USDA Turnkey Edible Garden Grant. The one-year funding allowed them to begin collaborating in August 2021 with seven low-income elementary schools in Shasta County to help establish, revitalize, or maintain edible gardens. By FFY 23, their garden partnerships grew to 25. These gardens are in schools, family resource centers, and early childcare & education facilities throughout all six CFHL-funded counties: Butte, Glenn, Shasta, Siskiyou, Tehama, and Trinity.

NVCSS supports the gardens by helping purchase soil and materials to plant and maintain the gardens. At some sites, NVCSS provides hydroponic gardening systems that produce a high-yield in small indoor spaces. The agency also provided a train-the-trainer garden education for the site staff. NVCSS continues to use the produce harvested in the garden for onsite nutrition education and food demonstrations when possible.

The FFY 21 USDA funding enabled NVCSS to purchase hydroponic gardening systems that were installed at one school each in Shasta and Glenn Counties in early FFY 22. In FFY 23, the largest garden is at Pace Academy in Shasta County, where three hydroponic gardens were installed, and NVCSS supported an additional 24 garden beds where carrots, corn, squash, pumpkin, beans, and fruit trees were grown.



In March 2022, NVCSS hired a garden coordinator to work with the school-site gardens in Shasta County. The coordinator reassessed the gardens to determine what support was needed to maintain the gardens. An iCloud Garden Tracking System was set up through a cooperative project between NVCSS, Shasta College, and Providence International non-profit, that tracks planting, how long it takes plants to germinate, and sets a fertilizing and harvesting calendar. The coordinator supports all the gardens to ensure success.

In FFY 23, NVCSS continued to partner with four low-income residential sites and six early childcare centers in three counties to assist them with planting or improving community gardens. In Shasta County, NVCSS collaborated with the Laurel Glen Apartments to conduct a garden assessment in October 2022. The assessment findings led to the installation



of large, elevated metal planters to make it easier for older adults to maintain the garden. In FFY 23, NVCSS assisted the site with adding a Flex Farm Hydroponics system for indoor gardening. Residents and Shasta College Corps Fellows helped with the planting and harvesting. NVCSS trained the resident property manager to maintain the system bi-weekly (e.g., water, pH, and nutrient levels). In six weeks, the system produced 120 heads of lettuce, and in eight weeks, 20 basil plants were harvested and used to make pesto in a cooking lesson. At this site, the community meets once a week for a garden club. This garden reached 75 residents.

In Butte County, Valley View Apartments maintained eight garden beds with support from NVCSS and a Master Gardener. They reached about 50 residents. The agency helps with supplies to maintain the gardens. At Hartford Place, residents are active and engaged in the garden with eight garden beds and fruit trees; this site reaches about 25 people.

At the Jackson Place housing site in Tehama County, NVCSS helped to establish 12 garden beds. Each resident at this site has their own garden bed. This site reaches about 15 residents. Last fiscal year, at Six Stones Wellness Center, NVCSS helped to purchase garden beds. In Spring 2023, NVCSS bought and installed two Flex Farms hydroponic systems for this site. They grew three types of lettuce and basil in their first round of growing hydroponically. Garden produce was used in residents' meals.

In FFY 22, Kinder Kids Montessori reconfigured their site with the help of NVCSS, who helped them assess the school's gardens and purchase large metal containers to be used as garden beds. The garden is flourishing and has reached 50 people this year.

### Physical Activity

This fiscal year, NVCSS continued implementing the CATCH program at 2 schools in Glenn County and 6 schools in Shasta County. CATCH is an intervention aimed at preventing obesity in school-age children that offers physical activity opportunities for youth in a fun atmosphere. To ensure intervention success, NVCSS provides training and support to maintain the CATCH program. At the start of each school year, NVCSS conducts an in-depth refresher training with all the teachers in each district. Additionally, they ensured that the equipment functions well and any damaged equipment is replaced. In FFY 23, NVCSS provided over 2,100 children with physical activity opportunities through the CATCH program.

In FFY 23, NVCSS encouraged physical activity for adults and older adults by establishing and maintaining walking courses in residential housing sites. At the Laurel Glenn Apartments in Shasta County, the walking course was so successful that in FFY 23, NVCSS created another course for residents. The walking course includes a warm-up section and a meditation circle. This site alone has reached approximately 70 residents. Additionally, at the Iversen Center in Butte County, residents are encouraged to participate in a scenic farmers' market walk twice a month, reaching an additional 25 individuals.

In FFY 23, NVCSS obtained a grant from First 5 Shasta to install a bike rack outside the agency's office. This provides a safe place for clients and staff to store bikes while encouraging them to bike to and from NVCSS.

