

Mission

Catholic Charities of Los Angeles (CCLA) is committed to collaborating with diverse communities, providing services to the poor and vulnerable, promoting human dignity and advocating for social justice through the following program areas:

- Food & Emergency Assistance
- Immigration & Refugee Services
- Education & Job Training
- Shelter & Housing
- Children & Youth Services
- Supportive Services
- Senior Services



Serving

Los Angeles
County



**Catholic
Charities**
of Los Angeles, Inc.

Our Lady of the Angels Region



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CCLA

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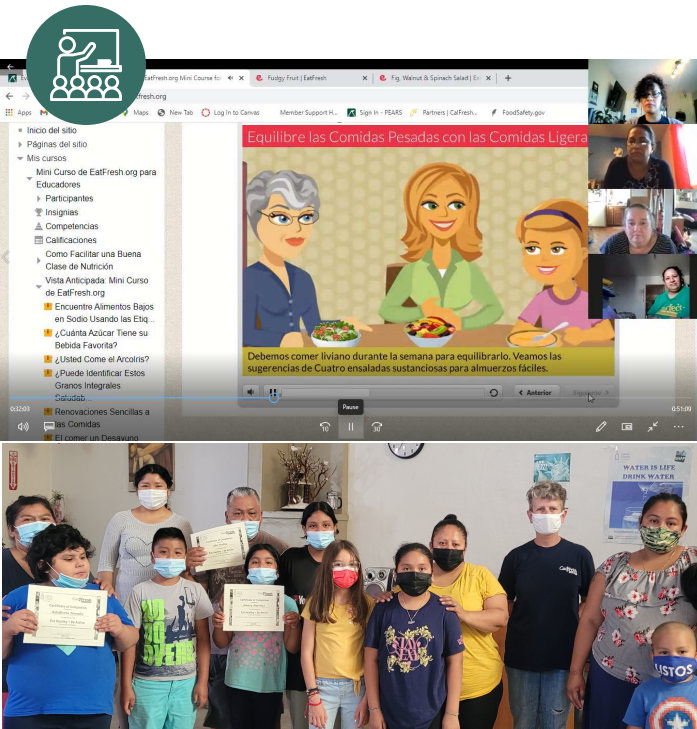
**CalFresh Healthy
Living**



Nutrition Education

CCLA's CalFresh Healthy Living (CFHL) Program educates and empowers low-income participants, primarily Latina women, to make small behavior changes that can result in healthier lifestyles, including:

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



Nutrition Education Evaluation Results

Healthy Beverages



56% who drank milk, drank 1% milk most of the time



60% do not drink regular soda

Vegetables



70% ate >2 vegetables at main meal every day or often



47% consumed >2 cups of vegetables each day

Fruit



96% had citrus fruit or drank citrus juice in the past week



64% consumed 1.5 cups or more of fruit per day

Policy, System & Environmental Changes

Nutrition education complements comprehensive work to improve the policy, systems, and environments to make it easier for community members to practice healthy eating and active living. Through partnerships and collaboration, CCLA participates in the following obesity prevention strategies for low-income families:

- Gardening initiatives
- Healthy Food and Beverage Standards
- Physical Activity
- Healthy Pantry Projects
- Access to Drinking Water

CCLA recruited 33 outside partners to assist in the implementation of obesity prevention strategies.

