

Mission

Catholic Charities Diocese of San Diego (CCDSD) values mercy and hospitality, advocates for a just society by calling people to action on behalf of the poor, and assists those in need on their journey toward achieving their full potential through delivery of the following programs:

- Emergency Food Distribution Network
- Community Services
- CalFresh Assistance
- Homeless Services
- Refugee & Immigrant Services
- Post Adoption Services
- Senior Services



Serving
San Diego &
Imperial
Counties



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CCDSD

**Catholic
Charities
Diocese of
San Diego**

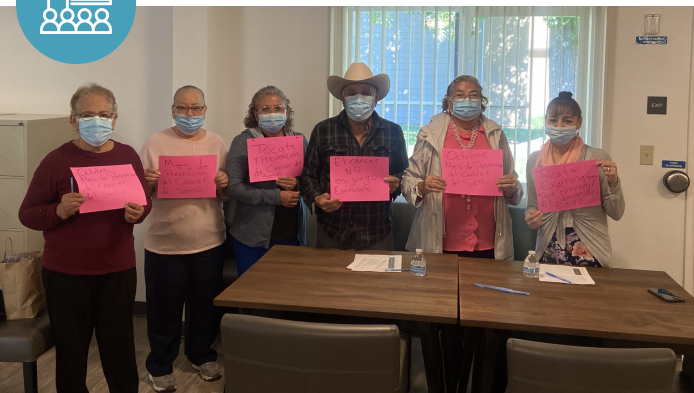
**CalFresh Healthy
Living**



Nutrition Education

CCDSD's CalFresh Healthy Living (CFHL) Program educates and empowers low-income individuals with programming for refugees, homeless men, women and children, migrant farmworkers, and seniors to promote 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 physical activity
- Improving food resource management



Nutrition Education Evaluation Results

Food Resource Management



50% make a list of ingredients before going shopping always or or often



50% use nutrition facts label when shopping always or often

Vegetables



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



54% consumed >2 cups of vegetables each day

Fruit



71% consumed the recommended 1.5 cups or more of fruit per day



50% ate more than one kind of fruit each day always or often

Policy, System & Environmental Changes

Comprehensive work includes policy, systems, and environmental strategies to make it easier for community members to practice healthy eating and active living. Through partnerships and collaboration, CCDSD participates in the following obesity prevention strategies that reach 600 low-income individuals:

- Wellness policies
- Nutrition Standards
- Healthy Procurement
- Community gardens
- Access to Physical Activity

CCDSD recruited 30 partners to assist in the implementation of these strategies.

