

# Mission

Catholic Charities of Yolo & Solano (CCYS) works to strengthen individual lives and families in need by working to reduce poverty and build strong communities through the following programs and services:

- Family Assistance
- Counseling Services
- Immigration Services
- Court Mandated Batterers Intervention Program & Parenting Classes



**Serving**  
Solano  
County



707-644-8909



Whitney Galindo  
Whitney@ccyoso.org



[www.ccyoso.org](http://www.ccyoso.org)

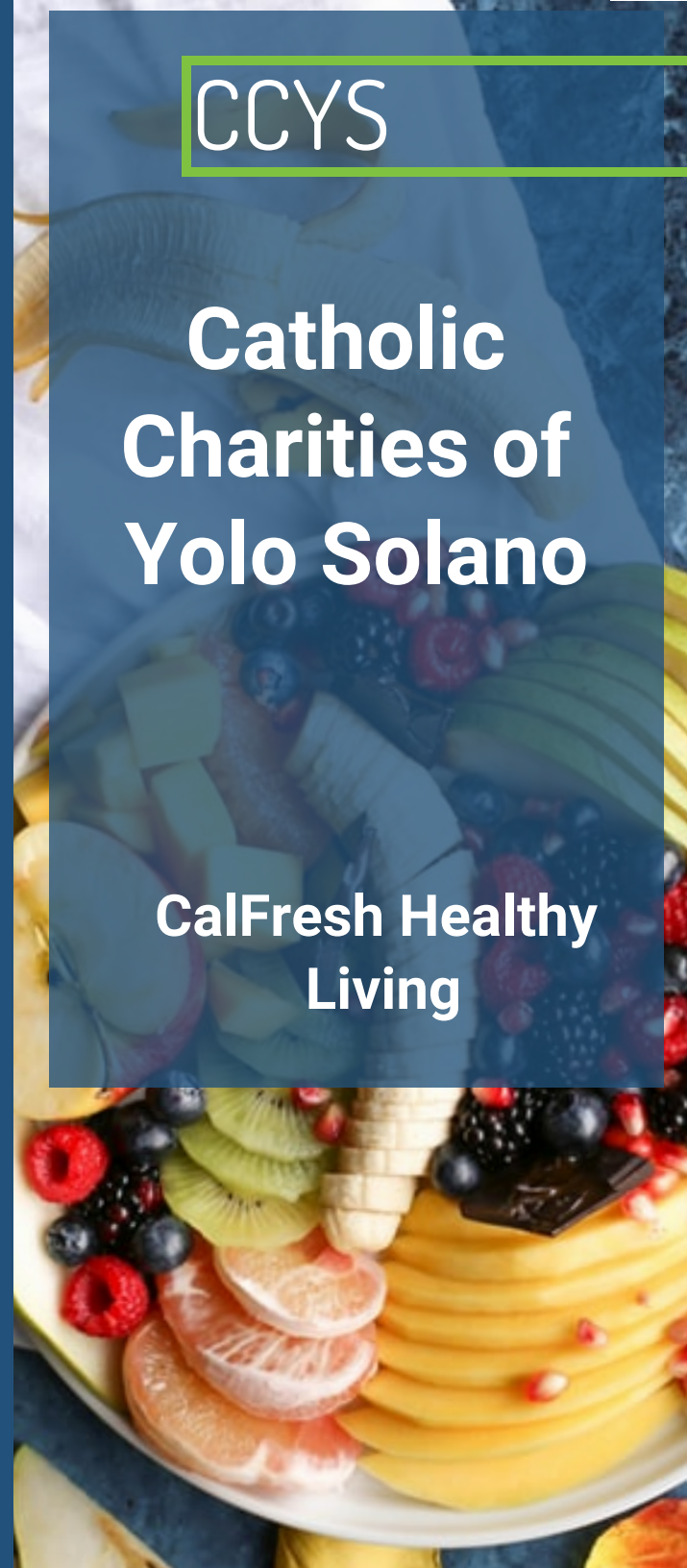


125 Corporate Place,  
Suite A Vallejo, CA 94590

CCYS

**Catholic  
Charities of  
Yolo Solano**

**CalFresh Healthy  
Living**



# Nutrition Education

CCYS's CalFresh Healthy Living (CFHL) program better the lives of others through nutrition and physical education. CFHL efforts promote:

- Tips for making healthier choices
- Budget-conscious healthy recipes
- Fresh produce giveaways
- Food preparation demonstrations
- Healthy taste tests
- Resources for obtaining healthy food throughout the community



# Partnerships

- FAITH-BASED GROUPS
- FOOD BANKS AND FOOD PANTRIES
- FOUNDATIONS//NON-PROFITS
- HUMAN SERVICES ORGANIZATIONS
- SHELTERS & TEMPORARY HOUSING



Community partnerships and leveraged resources offered assistance in the form of materials, space, human resources, training, technical assistance and program implementation. Strong community connections will ensure that impactful work will be sustained and expanded to reach more people.

# 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, CCYS participates in the following obesity prevention strategies that reach 2,100 low-income individuals:

- Healthy Food and Beverage Standards
- Healthy Pantry Projects
- Promotion and access to drinking water
- Collaboration with the CalFresh nutrition assistance program
- Physical activity opportunities

CCYS recruited 13 partners to assist in the implementation of these strategies.

