

Mission

Catholic Charities Diocese of Monterey (CCDOM) provides human services to the poor and disadvantaged, to promote social justice, peace, human dignity, self-determination and self-sufficiency through the following service areas:

- Nutrition
- Housing
- Healthcare
- Immigration support
- Citizenship classes



Serving

Monterey &
Santa Cruz
Counties



Catholic Charities
Diocese of Monterey
Providing Help. Creating Hope.



831-722-2675 ext 3303



Ulises Cisneros-Abrego
ucisneros@catholiccharitiesdom.org



catholiccharitiesdom.org

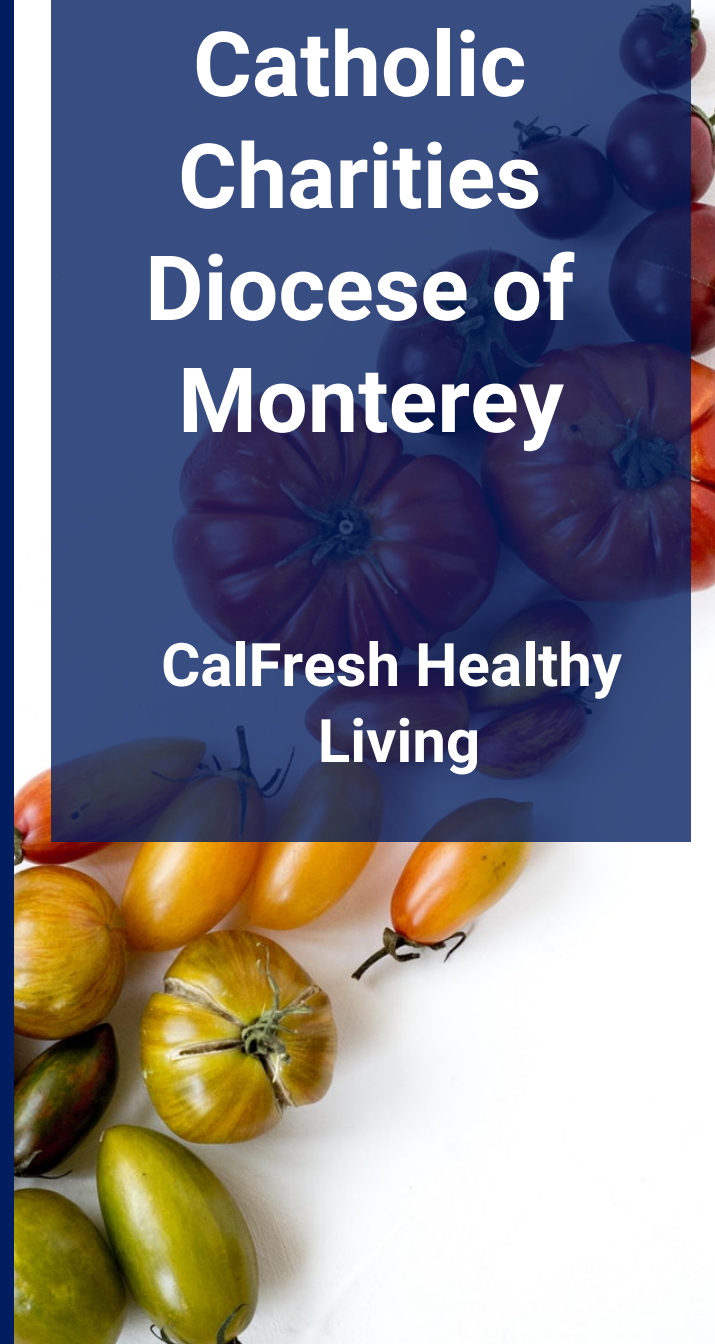


922 Hilby Avenue, Suite C
Seaside, CA 93955

CCDOM

**Catholic
Charities
Diocese of
Monterey**

**CalFresh Healthy
Living**



Nutrition Education

CCDOM's CalFresh Healthy Living (CFHL) program educates and empowers low-income youth and families 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 the consumption of water
- Increasing physical activity
- Increasing food security and healthy shopping practices



Nutrition Education Evaluation Results

Healthy Beverages



73% drank 4 or more cups of water a day



45% drank milk often or every day

Vegetables



59% ate >2 vegetables at main meal every day or often



55% consumed >2 cups of vegetables each day

Fruit



62% consumed the recommended 1.5 cups or more of fruit per day



76% 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, CCDOM participates in the following obesity prevention strategies:

- School Wellness policies
- Access to Physical Activity
- Implementation of Coordinated Approach to Childhood Health (CATCH)

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

