

Mission

Catholic Charities Diocese of San Bernardino & Riverside (CCSBRiv) provides compassionate social services that respond to the suffering of the vulnerable and those in crisis in our local communities. CCSBRiv fights poverty and its consequences, and strengthens families through the delivery of the following services:

- Emergency Food o Housing
- Health Services
- Education
- Counseling Services
- Refugee & Immigration Services



909.388.1239 ext. 302



Susan Cobb
scobb@ccsbriv.org



www.ccsbriv.org



1450 North D St.
San Bernardino, Ca 92405

CCSBRiv

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

**CalFresh Healthy
Living**

Nutrition Education

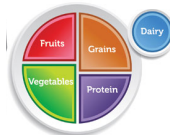
CCSBRiv's CalFresh Healthy Living (CFHL) Program educates and empowers low-income adults and seniors to make small behavior changes that can result in healthier lifestyles, including:

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



Nutrition Education Evaluation Results

Intent to Change



51% of participants said they intended to eat food from all 5 food groups after attending a class



77% of participants said they intended to not drink a sugar-sweetened beverage everyday after attending a class



100% of participants said they intended to use the nutrition facts label to choose foods after attending a class

"As a chef, I know produce can spoil quickly, so I make it into bread to feed people"

Chef Kermit

Catholic Charities of San Bernardino & Riverside Counties

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, CCSBRiv participates in the following obesity prevention strategies that reach 46,500 low-income individuals:

- Nutrition Standards
- Healthy Pantry Projects
- Access to Physical Activity
- Food Security

CCSBRiv recruited 35 partners to assist in the implementation of these strategies.

