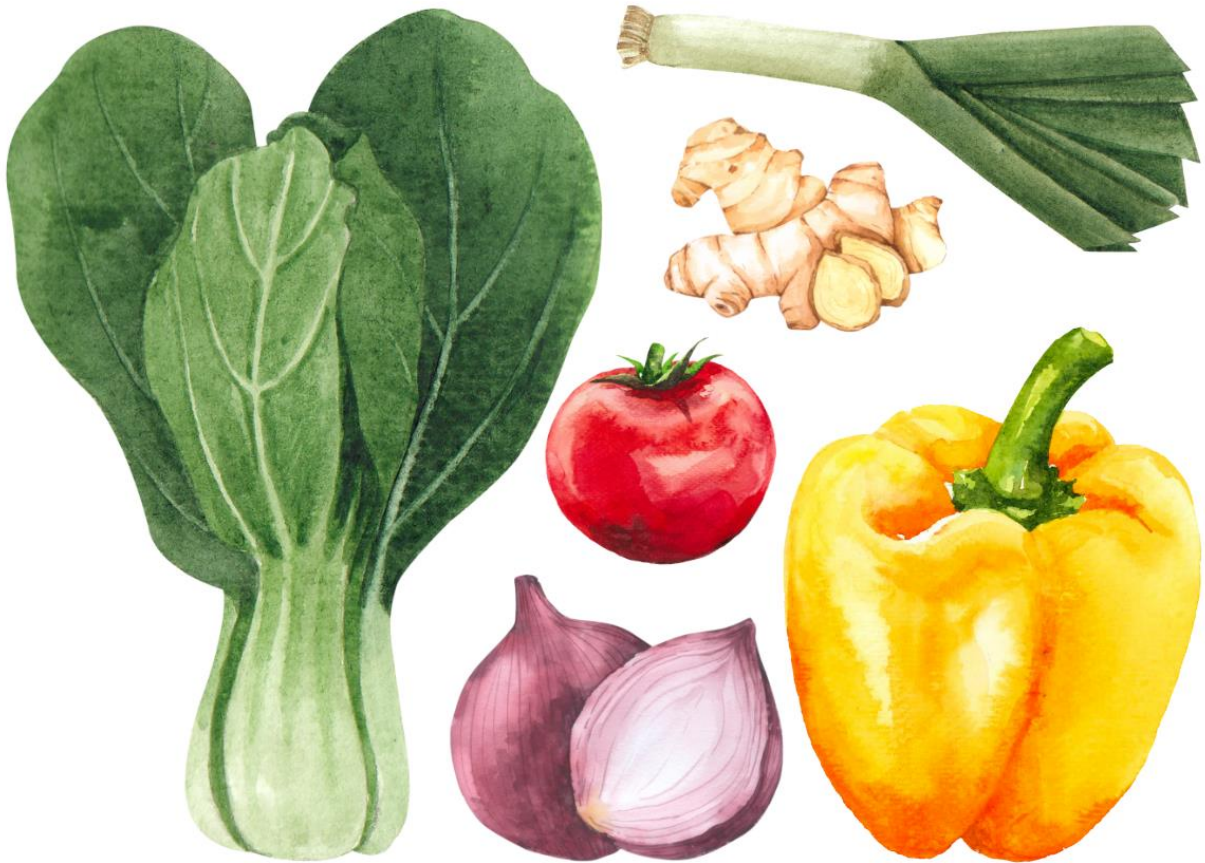


2024

EVALUATION REPORT

CALFRESH HEALTHY LIVING PROGRAM



CATHOLIC CHARITIES OF CALIFORNIA



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Program Overview



DIRECT EDUCATION

individuals reached

28,877

SINGLE SESSIONS

offered

1,674

PSE REACH
individuals reached or impacted

337,905

SERIES OFFERED

235

PSE CHANGES

1,389

INDIRECT EDUCATION

individuals reached

325,433

PROGRAM SITES
places CCC LIAs did DE, IE, and/or PSE work

256



Catholic Charities of California

CalFresh Healthy Living Service Area

NORTHERN CALIFORNIA

Northern Valley Catholic Social Services (NVCSS) serves Butte, Glenn, Shasta, Siskiyou, Tehama, and Trinity counties



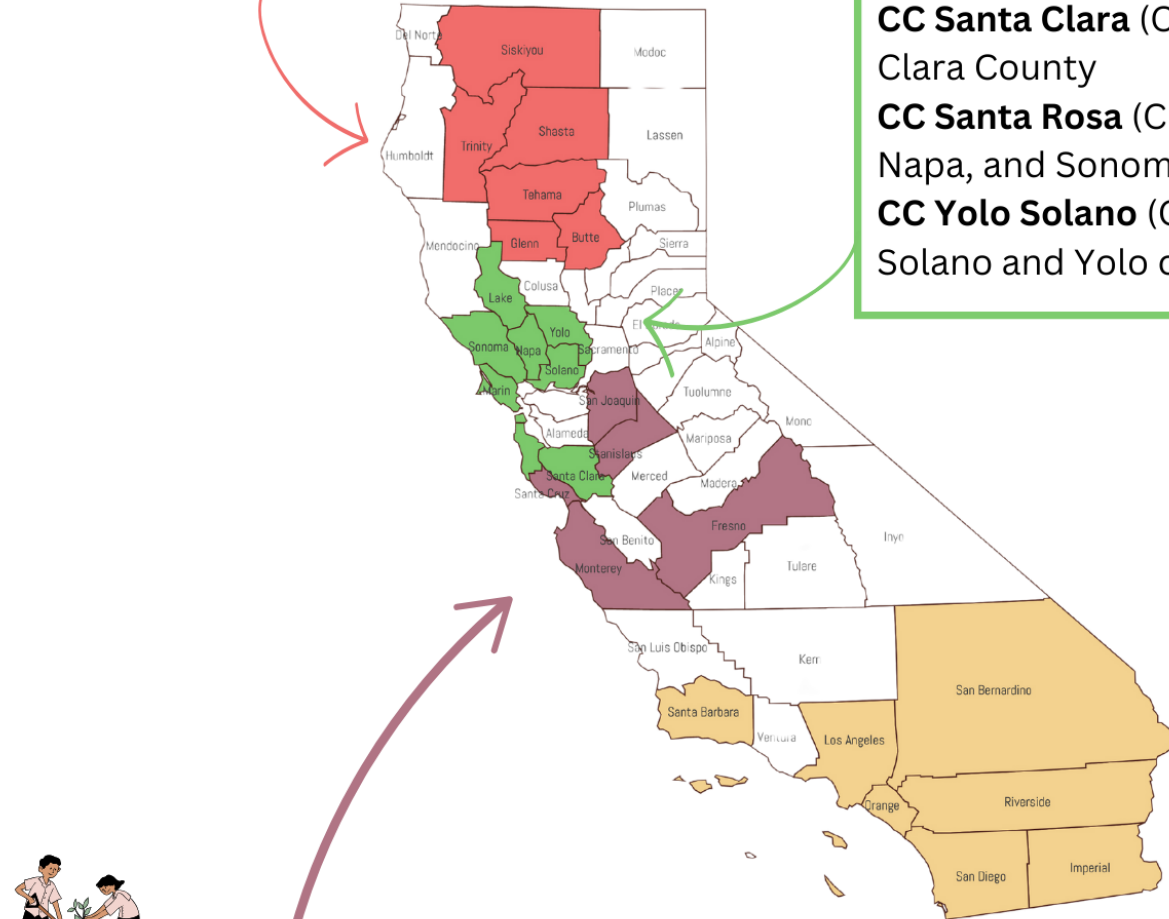
BAY AREA CALIFORNIA

CC San Francisco (CCSF) serves San Francisco, San Mateo, and Marin counties

CC Santa Clara (CCSC) serves Santa Clara County

CC Santa Rosa (CCSR) serves Lake, Napa, and Sonoma counties

CC Yolo Solano (CCYoSo) serves Solano and Yolo counties



CENTRAL CALIFORNIA

CC Fresno (CCFR) serves Fresno County

CC Monterey (CCMO) serves Monterey and Santa Cruz counties

CC Stockton (CCST) serves San Joaquin and Stanislaus counties

SOUTHERN CALIFORNIA

CC Los Angeles (CCLA) serves Los Angeles & Santa Barbara counties

CC Orange (CCOC) serves Orange County

CC San Bernardino & Riverside (CCSB Riv) serves Riverside and San Bernardino counties

CC San Diego (CCSD) Serves Imperial and San Diego counties





DIRECT EDUCATION

28,877
people reached

TOP CURRICULUM TAUGHT

947 classes

Food Smarts for
Adults

855 classes

Food Smarts for
Kids

221 classes

TWIGS: Garden-
based education

Summary

All 12 CCC LIA's conducting direct education interventions in FFY 2024 contributed to collecting 1,890 total matched pre/post surveys to measure the outcomes of adult and youth series education. A series is defined as a minimum of 240 minutes of nutrition education intervention engagement. Additionally, eight CCC LIA's collected 216 matched pre/post Food Behavior Checklist (FBC) Control surveys. These control surveys were used to compare the impact of the intervention (nutrition education series curriculum) against the experience of those who did not receive the intervention. Agencies also collected 5,392 post-class *Intent-to-Change* surveys that aimed to measure a participant's intent to practice the relevant healthy behavior discussed in the singular class attended.

The surveys collected were qualified by the CCC LIA's teaching approved and/or validated curricula. *Table 1* illustrates the top curricula taught in FFY 2024 and the corresponding surveys allowable.

TABLE 1: TOP CURRICULA TAUGHT ACROSS THE CCC NETWORK IN FFY 2024

Top Curricula Taught	Number of Sessions Taught	Survey Collected
Food Smarts for Adults	947	FBC
Food Smarts for Kids	855	EATS
Pick a Better Snack (K-3)	237	-
TWIGS: Teams with Inter-Generational Support	221	-
Eat Healthy, Be Active Community Workshops	188	FBC
Healthy Eating Active Living (HEAL) Toolkit for Community Educators	145	FBC
Food Smarts for Food Waste Reduction	95	FWR
Eat Smart, Live Strong: Nutrition Education for Older Adults	61	FBC
Cooking Matters	24	CM

Direct Education Evaluation Tools

All tools used by CCC LIAs are aligned with the SNAP-Ed Evaluation Framework. The curriculum taught aims to impact participants either in the Short Term (ST) or in the Medium Term (MT), depending on exposure to the curriculum. The survey tools below aim to measure three main indicators of healthy behavior: (1) healthy eating, (2) food resource management, and (3) physical activity. Depending on the associated curriculum, some surveys add questions related to these indicators, such as confidence levels with shopping and cooking skills.

Cooking Matters (CM)

Cooking Matters is a nationally recognized program whose curriculum uses hands-on cooking lessons and nutrition education designed to teach parents and caregivers how to shop and cook healthy meals. The *Cooking Matters* pre- and post-test evaluation instruments contain four MT1 healthy eating questions and four MT2 Food Resource Management questions. The survey also contains one question on attitudes towards cooking food and one question that measures healthy food preparation self-confidence levels.

Eating and Activity Tool for Students (EATS)

The CCC FFY 24 version of the *Eating and Activity Tool for Students* (EATS) survey for elementary/middle school grades 4 to 8 and for high school students grades 9 to 12 have the same MT1 Healthy Eating and MT3 Physical Activity questions. The EATS instrument was developed by the University of California Division of Agriculture and Natural Resources Nutrition Policy Institute. The EATS survey contains MT1 and MT3 questions modified from the 2019 *School Physical Activity and Nutrition Project* (SPAN survey) developed by the University of Texas School of Public Health at Houston. The tool also measures screen time behaviors and time spent using social media.

Food Behavior Checklist (FBC)

The *Food Behavior Checklist* instrument was used to measure changes in adult behaviors across the MT1 Healthy Eating, MT2 Food Resource Management, and MT3 Physical Activity indicators. Matched pre-and post-tests were gathered from series participants at the first and last class of the series using the 2010 version of the *Visually Enhanced Food Behavior Checklist* 16-questions instrument. Nine questions were added by the CCC Evaluation Team from validated sources in FFY 18 and updated in FFY 22. The validated FBC, plus CCC's eight supplemental questions, address 24 evaluation framework indicator outcome measures. As shown in *Table 2* **Error! Not a valid bookmark self-reference.**, the CCC supplemental questions cover topics contained in the curricula used by CCC agencies but not addressed by the original FBC.

TABLE 2 SUPPLEMENTAL MT1, MT2, AND MT3 QUESTION TOPICS

Supplemental MT1 Questions	Supplemental MT2 Questions	Supplemental MT3 Questions
<ul style="list-style-type: none">Eating whole grainsDrinking low-fat dairy productsDrinking water	<ul style="list-style-type: none">Buying low-sodium foodsShopping with a listBuying low-sugar foods	<ul style="list-style-type: none">Moderate to vigorous PAStrengthening musclesMaking small changes to be more active

Intent to Change (ITC)

The *Intent-to-Change* instruments address ST1 Healthy Eating, ST2 Food Resource Management, and ST3 Physical Activity goals and intentions indicators contained in the SNAP-Ed Evaluation Framework. The ITC instruments were developed by the UC-Food Stamp Nutrition Education Program (UC-FSNEP) task force to document the readiness of participants to make positive behavior changes after attending a one-time nutrition education session. They consist of 16 topic-specific surveys that address a variety of healthy behaviors, including consumption of fruits & vegetables, whole grains, and sweetened beverages, as well as physical activity behaviors.

The ITC Topics covered in FFY 24 are outlined in *Table 3*. Post-test-only data were gathered using the three-question survey from participants who completed a 30 to 60-minute single-session class. Depending on the topic, the ITC survey questions ask:

- whether the respondent did the healthy/unhealthy behavior in the past week
- whether the respondent will do the healthy/unhealthy behavior the same or more/less often during the next week
- In a comment box, respondents are prompted to describe how the class helped them or their family, what they learned in class, and whether they planned on making changes

TABLE 3 SUMMARY OF ITC AND THE SNAP-ED EVALUATION FRAMEWORK

ITC ST1 Topics	ITC ST2 Topics	ITC ST3 Topics
<ul style="list-style-type: none"> • Breakfast • 5-food groups • Fried food • Whole grains • Low-fat dairy • Portion control • Sugar-sweetened beverages • Fruits • Vegetables 	<ul style="list-style-type: none"> • Nutrition facts labels • Plan meals • Shopping with a list • Unit prices 	<ul style="list-style-type: none"> • Physical activity – minutes • Physical activity – hours

Aggregated Food Behavior Checklist (FBC) Results

Across ten CCC LIAs, a total of 540 *Food Behavior Checklist* evaluation surveys were completed by adult participants who attended at least four in-person nutrition education classes in a series. Ninety-seven percent of the surveys were collected pen-to-paper during in-person sessions. Three percent were completed online by virtual education program participants. The aggregated FBC results were compared with a control/comparison group of 216 adult participants from seven CCC LIAs who completed the *Food Behavior Checklist* pre- and post-test but did not receive the nutrition education intervention.

Completed paper surveys were submitted to the CCC Evaluation Team by the CCC LIA educators for data entry into SurveyMonkey and later imported into the Statistical Package for the Social Sciences (SPSS) Version 29. The online FBC surveys were downloaded as Excel files and imported into SPSS for analysis. Subsequently, the data were cleaned, aggregated, and analyzed for frequencies, descriptive statistics, and paired-sample t-tests to measure the significance level. The statistical significance analysis was conducted at the alpha = 0.05 and 0.01 levels of significance. A p-value of less than 0.05 indicates a statistically significant change.

Adult Intervention Group

The intervention group consisted of 540 adult participants from CC Fresno (n = 66), CC Los Angeles (n = 166), CC Monterey (n = 39), CC Orange County (n = 25), CC San Bernardino/Riverside Counties (n = 14), CC San Diego (n = 75), CC Santa Rosa (n = 48), CC Stockton (n = 81), and CC Yolo Solano (n = 26). Among the adult participants, 77% were female, 21% male, and 1% were non-binary, and 1% preferred not to answer. Sixty-five percent were 18-59, 32% were 60-75, and 3% were 76 or older. Ethnically, 76% were Latine, 17% non-Latine, and 7% preferred not to answer. However, 75% of the participants completed the Spanish version of the FBC, and 25% completed the English version. Racially, 67% indicated they were White, 5% Asian, 5% Black, 4% American Indian/Alaska Native, 1% Hawaiian/Pacific Islander, and 18% preferred not to answer.

Adult Comparison/Control Group

The comparison group consisted of self-selected adults from CC Fresno (n = 26), CC of Los Angeles (n = 26), CC Monterey (n = 20), CC Orange County (n = 26), CC Santa Rosa (n = 20), CC Stockton (n = 71), and CC Yolo-Solano (n = 27) who completed matched pre-and post-tests but did not receive direct nutrition education. Seventy-three percent of the respondents were female, 24% were male, and 3% preferred not to answer. Among the 216 adult participants, 55% completed the Spanish version of the control FBC and 45% completed the English version. Similarly, 56% were Latine, 40% were not Latine, and 4% preferred not to answer. Fifty-nine percent of the respondents were aged 18-59, 32% were 60-75, 8% were age 76+, and 1% preferred not to answer. When asked about race, 41% indicated they were White, 13% indicated Black, 1% American Indian/Alaska Native, and 45% preferred not to answer.

Results for Aggregated FBC FFY 24

Overall, as shown in the following tables, across the 16 MT1 questions, five MT2 questions, and three MT3 questions, the adult intervention group showed statistically significant ($p < .05$) healthy behavior changes in 22 of the 24 questions compared to the control group that had five statistically significant changes. As shown in *Table 4* and *Table 5*, the adult intervention group showed statistically significant changes in improving their MT1 healthy consumption behaviors in 15 of the 16 questions compared to the control group, which had statistically significant changes in one consumption behavior. The CCC CFHL intervention group reduced consumption of sugar-sweetened beverages such as regular soda and significantly increased consumption of whole grains, lean protein, and fruits and vegetables. Indeed, participants increased consumption of fruits and vegetables by nearly one-half of a cup per day.

TABLE 4 MT1 HEALTHY EATING BEHAVIORS FOR INTERVENTION GROUPS

FBC Intervention Group Questions (n = 540)	Pre-Test Mean	Post-Test Mean	Diff	p-Value
1. Eat fruits & vegetables as snacks	2.47	2.94	0.47	<.001

FBC Intervention Group Questions (n = 540)	Pre-Test Mean	Post-Test Mean	Diff	p-Value
2. Drink sports drinks or punch	1.85	1.67	-0.18	<.001
3. Drink citrus fruit or juice past week	0.72	0.76	0.04	.075
4. Drink regular soda	1.77	1.48	-0.29	<.001
5. Consumed milk in past week	0.68	0.78	0.10	<.001
6. Cups of fruit eaten per day	2.23	3.06	0.83	<.001
7. Cups of vegetables eaten per day	2.36	3.24	0.88	<.001
8. Eat different kinds of fruit daily	2.22	2.69	0.48	<.001
9. Eat more than one kind of vegetable daily	2.35	2.83	0.48	<.001
10. Drink milk	2.29	2.47	0.18	<.001
11. Take skin off chicken	2.66	3.13	0.47	<.001
12. Consumed fish in past week	0.56	0.66	0.10	<.001
13. Eat 2 or more vegetables at main meal	2.28	2.88	0.60	<.001
14. Do you eat whole grain foods	2.36	2.72	0.36	<.001
15. What type of milk do you drink?	0.35	0.44	0.10	<.001
16. Cups of bottled or tap water you drink each day?	1.84	2.15	0.32	<.001

Scales: #1, #2, #4, #10, #13: 1 = "No" to 4 = "Yes, Everyday"; #6, #7: 0 – 3 cups; #8, #9, Q11: 1 = "No" to 4 = "Yes, always"; #3, #5, #12: 1 = "Yes", 0 = "No".

TABLE 5 MT1 HEALTHY EATING BEHAVIORS FOR CONTROL GROUPS

FBC Control Group Questions (n = 216)	Pre-Test Mean	Post-Test Mean	Diff	p-Value
1. Eat fruits & vegetables as snacks	2.59	2.71	0.12	.052
2. Drink sports drinks or punch	1.96	1.92	-0.03	.610
3. Drink citrus fruit or juice past week	0.76	0.74	-0.02	.476
4. Drink regular soda	1.85	1.83	-0.02	.734
5. Consumed milk in past week	0.72	0.76	0.03	.337
6. Cups of fruit eaten per day	2.47	2.47	0.01	.921
7. Cups of vegetables eaten per day	2.42	2.60	0.19	.044
8. Eat different kinds of fruit daily	2.42	2.40	-0.02	.683
9. Eat more than one kind of vegetable daily	2.46	2.46	0.00	.942
10. Drink milk	2.27	2.37	0.10	.118
11. Take skin off chicken	2.62	2.72	0.10	.149
12. Consumed fish in past week	0.46	0.44	-0.02	.638
13. Eat 2 or more vegetables at main meal	2.34	2.41	0.07	.318
14. Do you eat whole grain foods	2.49	2.53	0.04	.584
15. What type of milk do you drink?	0.36	0.38	0.02	.623
16. Cups of bottled or tap water you drink each day?	1.86	1.93	0.07	.177

Scales: #1, #2, #4, #10, #13: 1 = "No" to 4 = "Yes, Everyday"; #6, #7: 0 – 3 cups; #8, #9, Q11: 1 = "No" to 4 = "Yes, Always"; #3, #5, #12: 1 = "Yes", 0 = "No".

Table 6 and Table 7 show that among the five MT2 Food Resource Management Behavior questions, the intervention group showed a statistically significant increase in four shopping behaviors, but there was no decrease in running out of food before the end of the month. The comparison group showed significant increases in making a list before shopping and buying foods lower in sodium and added sugars.

TABLE 6 MT2 FOOD RESOURCE MANAGEMENT BEHAVIORS FOR INTERVENTION GROUP

FBC Intervention Group Questions (n = 540)	Pre-test Mean	Post-test Mean	Diff	p-Value
1. Read nutrition facts when shopping	2.03	2.82	0.79	<.001
2. Run out of food before month end	1.93	1.86	-0.07	.080
3. Make a list of ingredients before grocery shopping?	2.22	2.80	0.58	<.001
4. Buy foods with lower added salt/sodium?	2.10	2.62	0.52	<.001
5. Buy foods with lower added sugar or no added sugar?	2.10	2.65	0.55	<.001

Scale: #1 and #2: 1 = "No" to 4 = "Yes, everyday".

TABLE 7 MT2 FOOD RESOURCE MANAGEMENT BEHAVIORS FOR CONTROL GROUP

FBC Control Group Questions (n = 216)	Pre-Test Mean	Post-Test Mean	Diff	p-value
1. Read nutrition facts when shopping	2.20	2.27	0.07	.301
2. Run out of food before month end	2.00	1.95	-0.05	.452
3. Make a list of ingredients before grocery shopping?	2.34	2.49	0.15	.036
4. Buy foods with lower added salt/sodium?	2.23	2.37	0.15	.034
5. Buy foods with lower added sugar or no added sugar?	2.17	2.42	0.25	.002

Scale: #1 and #2: 1="No" to 4="Yes, everyday".

In *Table 8* and *Scales*: #1 and #2: 0 – 7 days; #3: 1 = "Never" to 6 = "Always"

Table 9, both the intervention and the control group show statistically significant increases in doing moderate to vigorous physical activity. However, the intervention group increased its activity by three-fourths of a day compared to a modest one-third of a day for the control. The intervention group also had nearly two-thirds (2/3) of a day increase in working out to strengthen muscles compared to the control group, which showed no change. Finally, the intervention group showed a statistically significant increase in making small changes to be active compared to the control group, which showed no significant change.

TABLE 8 MT3 PHYSICAL ACTIVITY AND REDUCED SEDENTARY BEHAVIORS FOR INTERVENTION GROUP

FBC Intervention Group Questions (n = 540)	Pre-test Mean	Post-test Mean	Diff	p-value
1. In the past week, how many days did you exercise for at least 30 minutes?	3.14	3.90	0.76	<.001
2. In the past week, how many days did you work out to build and strengthen your muscles?	1.88	2.55	0.66	<.001
3. How often do you make small changes to be active?	3.06	3.70	0.64	<.001

Scales: #1 and #2: 0 – 7 days; #3: 1 = "Never" to 6 = "Always"

TABLE 9 MT3 PHYSICAL ACTIVITY AND REDUCED SEDENTARY BEHAVIORS FOR CONTROL GROUP

FBC Control Group Questions (n = 216)	Pre-test Mean	Post-test Mean	Diff	p-value
1. In the past week, how many days did you exercise for at least 30 minutes?	2.68	3.03	0.35	.004

FBC Control Group Questions (n = 216)	Pre-test Mean	Post-test Mean	Diff	p-value
2. In the past week, how many days did you work out to build and strengthen your muscles?	1.67	1.67	0.00	1.000
3. How often do you make small changes to be active?	3.12	3.18	0.06	.566

Scales: #1 and #2: 0 – 7 days; #3: 1 = “Never” to 6 = “Always”

Summary

The above aggregated FBC results show the positive impact that the nine CCC LIAs had in helping their CFHL participants learn and practice healthy food consumption, food resource management, and physical activity behaviors. Indeed, the intervention group had statistically significant ($p < .05$) healthy behavior changes in 22 of the 24 FBC questions compared to the control group, which had five statistically significant changes. The intervention group did not show a statistically significant change for consuming citrus fruit and juice but that may be because 72% of the 539 respondents ate or drank citrus at pre-test and 76% at post-test. In effect, this may be a behavior practiced by respondents with little room for change from pre- to post-test. Similarly, not running out of food before the end of the month showed no change, but this is also a question that shows 78% and 80% at pre and post, respectively, who never or only sometimes ran out of food. Again, there is little room for significant change.

Historically, CCC comparison group FBC data has shown zero to one or two significant changes. It is unusual to find that the comparison group showed significant changes across five behaviors. It may not be too surprising to see significant changes in smart shopping behaviors, such as preparing a grocery shopping list and buying food low in sodium and added sugars, given that these behaviors have become community norms over the last decade, commensurate with the food industry offering more canned and prepared foods with less sodium and added sugar. However, it was very surprising to see a significant increase in physical activity by the control group, especially since most health experts agree that changing eating habits is generally easier than changing physical activity levels.

The comparison group results may be due to social desirability bias, which can be defined as respondents answering questions in a manner that they think the facilitator would want them to answer. The participants who volunteered for a comparison group were contacted by a CCC CFHL educator or program manager who knows the community and is often very respected by people served by the local Catholic Charities agency. In this respect, it may be possible that participants answered survey questions in a manner they think will please the agency staff. Early in FFY 25, the CCC Evaluation Team will review and update its comparison group recruitment and survey administration instructions to include methods that can help reduce social desirability bias among participants.

The Indicators of Success on the next page summarize the post-test percent data points that highlight the statistically significant positive behavior change findings for the 539 adult participants who completed the pre- and post-test Food Behavior Checklist survey. The data points are consistent with MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

INDICATORS OF SUCCESS

Catholic Charities of California

540 FBC SURVEYS COLLECTED

LANGUAGE



75% Spanish
25% English

GENDER



77% Female
21% Male
1% Non-Binary
1% Preferred
no response

AGE



65% 18 - 59
32% 60 - 75
3% 76+

ETHNICITY



76% Latine
17% Non-Latine
7% Preferred no
response

RACE

(CAN HAVE MULTIPLE SELECTIONS)



5% Asian
5% Black
4% Native American
1% Pacific Islander
67% White
18% Other

KEY INDIVIDUAL IMPACTS

*STATISTICALLY SIGNIFICANT RESULTS

Fruits & Vegetables 1-week recall



90% ate at 1+ cup of veggies each day*



88% ate 1+ cup of fruit each day*



66% eat fruit and veggies as snacks often or every day*

Drink Choices 1-week recall



83% drink 4+ cups of water each day



94% do not or only sometimes drink sodas*



87% do not or only sometimes drink sports drinks or punch*

Smart Shopping 1-week recall



60% use nutrition facts label while shopping*



60% make a list of ingredients before grocery shopping*



52% buy foods with lower sugar or no sugar added, always or often*

Physical Activity 1-week recall



78% exercise 30+ minutes, 3+ days per week*



56% do muscle strengthening exercises 2+ days per week*



50% make small changes to be active often or always*

Aggregated Eating and Activity Tool for Students (EATS) Results

The 1,186 EATS surveys were gathered across four CCC regions: Northern Valley Catholic Social Services (n = 799) participants in 4th through 8th grades; CC San Francisco (n = 173) in 4th through 8th grades; CC Santa Clara (n = 131) in 4th through 6th grades; and CC Santa Rosa (n = 83) in 10th through 12th grades. Among the 1,185 youth, the ages ranged from nine to 19, with a mean age of 11.6. Forty-eight percent were males, 47% were females, 1% were non-binary, and 4% preferred not to answer. Ethnically, 60% were Latine, and 40% were non-Latine. Racially, where students could select more than one race, and 21% indicated American Indian/Alaska Native, 21% Asian, 7% Black, 44% White, 4% Hawaiian/Pacific Islander, and 17% Other. All youth participants completed the EATS evaluation surveys with pen and paper in their classrooms.

As shown in *Table 10*, the evaluation results showed statistically significant ($p < .05$) healthy behavior changes across eight questions. Reflecting on what they consumed “yesterday,” the youth participants indicated a significant increase in the consumption of starchy vegetables, orange vegetables, salad greens, other green vegetables, beans, and fruit. The respondents also showed a statistically significant increase, by one-third (1/3) of a day from 4.34 days to 4.64 days, in doing physical activity for 60 minutes or more per day. In addition, consistent with U.S. Physical Activity Guidelines for Americans, 82% of the 1,185 respondents indicated they did physical activity for 60 minutes at least three days a week, and 29% indicated they did physical activity 7 days a week. There was also a significant decrease in sedentary behavior screen time as 36% of the youth spent the recommended two hours or less playing video games, watching TV, or surfing the web per day.

Although there were no statistically significant decreases in the drinking of regular soda, energy drinks, or fruit-flavored drinks, encouragingly, 65%, 84%, and 64% of youth respondents, respectively, indicated they did not drink any of those sugary beverages yesterday. These types of encouraging behaviors are considered Indicators of Success.

TABLE 10 AGGREGATED EATS YOUTH SURVEY RESULTS (N = 1185)

Questions - “Yesterday did you: (n = 1,186)	Pre-test Mean	Post-test Mean	Diff	p-Value
1. Eat any starchy vegetables?	0.61	0.75	0.14	<.001
2. Eat any orange vegetables?	0.47	0.65	0.18	<.001
3. Eat any salad or green vegetables?	0.76	0.90	0.14	<.001
4. Eat any other vegetables?	0.75	0.93	0.17	<.001
5. Eat any beans?	0.31	0.37	0.05	.017
6. Eat any fruit?	1.76	1.98	0.22	<.001
7. Drink any fruit juice?	0.70	0.71	0.01	.661
8. Eat any bread, tortillas, buns, that were brown (not white)?	0.93	0.98	0.04	.148
9. Drink any diet soda?	0.20	0.22	0.01	.510
10. Drink any punch, sports drinks, or other fruit-flavored drinks?	0.52	0.48	-0.04	.077
11. Drink any regular soda or soft drinks?	0.44	0.47	0.03	.186
12. Drink any energy drinks?	0.21	0.23	0.02	.336
13. Drink any sweetened coffee or tea drinks?	0.41	0.37	-0.04	.080
14. Drink any kind of flavored milk?	0.48	0.49	0.01	.830
15. Drink any water?	2.50	2.54	0.04	.117
16. What type of milk do you drink most of the time?	0.29	0.27	-0.02	.329
17. Number of days of vigorous physical activity of at least 60 minutes per day last week?	4.34	4.64	0.30	<.001
18. Time spent doing PA during PE last week	1.45	1.49	0.04	.123

Questions - "Yesterday did you: (n = 1,186)	Pre-test Mean	Post-test Mean	Diff	p-Value
19. Hours of screen time last week on a typical school day, Monday through Friday.	3.54	3.41	-0.13	.003

Question format: #1 – 15: *Yesterday, did you eat/drink ___*: "No", "Yes, 1 time", "Yes, 2 times", "Yes, 3 times or more"; #16: "Regular (whole) milk", "2% milk", "1% (low-fat)", or "fat-free (skim/non-fat) milk", "Soy milk", "almond milk", "rice milk", "coconut milk", "I don't drink milk", or "I don't know"; #17: options outline each day of the week (Monday – Sunday) and did not do any exercise last week; #18: Per day – "less than 1 hour", "1 hour", "2 hours", "3 hours", "4 hours", "5 hours", "6 or more hours", "I do not watch TV or play video games".

The graphic on the next page shows statistically and non-statistically significant *Indicators of Success* behavior changes among the 1,185 youth participants who completed the EATS survey. The data points are consistent with medium-term indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

INDICATORS OF SUCCESS

Catholic Charities of California

1,186 EATS SURVEYS COLLECTED

LANGUAGE



100% English

GENDER



47% Female
48% Male
1% Non-Binary
4% No response

AGE



93% 6th to 8th grade
7% 9th to 12th grade

ETHNICITY



60% Latine
40% Non-Latine

RACE

(CAN HAVE MULTIPLE SELECTIONS)



21% Asian
7% Black
21% Native American
4% Pacific Islander
44% White
17% Other

KEY INDIVIDUAL IMPACTS

*STATISTICALLY SIGNIFICANT RESULTS

Fruits And Vegetables 1-day recall



42% ate orange vegetables 1+ time*



53% ate starchy vegetables 1+ time*



57% ate a variety of vegetables 1+ time*



58% ate green vegetables 1+ time*



82% ate fruit 1+ time*

Drink Choices 1-day recall



97% drank water 1+ time



83% did not drink any diet sodas



84% did not drink any energy drinks



64% did not drink any sports drinks or punch

Physical Activity 1-week recall



82% were physically active 3+ days last week*



87% spent most or all of PE class time doing physical activity



36% were physically active for at least 60 minutes per day, last week*

Aggregated Food Waste Reduction (FWR) Results

Ninety-three matched Food Waste Reduction pre- and post-test surveys were collected from four CC LIAs: Los Angeles (n = 18); Orange County (n = 15); CC San Diego (n = 35); and Yolo-Solano (n = 25) across the span of the FWR three-week course. The FWR Survey measures MT2 Food Resource Management behavior changes with an emphasis on reducing food waste. The FWR participants were predominately female (83%), and 68% were ethnically Latine. Thirty-eight percent of participants were aged 18 – 59, 56% were aged 60 – 75, and 6% were aged 76+. Fifty percent were White, 9% were Asian, 4% were Black, 2% were Hawaiian/Pacific Islander, and 35% preferred not to respond or did not respond. All of the surveys were collected in class using pen-to-paper.

Food Waste Reduction Pre-Test Comments

The following tables reflect the attitude, confidence, and behavior change measures across three primary course themes: 1) Food safety and storage (e.g., decoding expiration dates), 2) Food preservation (e.g., stretching your produce), and 3) Waste diversion (e.g., repurpose leftovers). Specifically, the following tables show results related to behaviors around throwing away food, attitudes toward food expiration dates, and confidence levels for knowing how much food to buy, how to store food properly, and what to do with leftovers.

The pre-test survey contained two questions that were not on the post-test. The first question asked participants to indicate “Yes” or “No” across four reasons for throwing away food last week. The second question asked them about their level of agreement with four statements about food expiration labels. These results were culled and ranked by highest response, as summarized in *Table 11*.

TABLE 11 PRE-TEST QUESTION: 4 REASONS FOR THROWING AWAY FOOD LAST WEEK

Response options (n = 93)	% “Yes”	Rank
1. The food was past its “best by” or “use by” date	40%	1
2. I bought food, and then my plans changed	27%	2
3. I did not make time to prepare and cook the food before it spoiled	26%	3
4. I bought more food than I needed	20%	4

Scale: #1 - #4: 1 = “Yes, agree”, 2 = “No, disagree”

As shown in *Table 12*, when asked during the pre-test about their attitudes toward date labels on packaged foods, the majority (94%) agreed that while they use the dates as a guide, they still check to see if the food is spoiled before eating it. Additionally, most participants (68%) agreed that the dates help them determine when food is no longer safe to eat. Approximately two out of five participants (41%) reported rarely looking at food expiration dates, and approximately one-third agreed that expiration dates are confusing. However, the results indicate that the majority of participants find expiration dates helpful.

TABLE 12 PRE-TEST QUESTION: ATTITUDES TOWARDS DATES LABELED ON PACKAGED FOODS

Response options (n = 93)	% who agree with statement
1. I use dates as a guide to know how old the food is, but I still check food to see if it is safe before throwing it away.	94%
2. Dates help me know when the food is no longer safe to eat.	68%
3. I rarely look at the date printed on food and eat it if it looks or smells safe to eat	41%

Response options (n = 93)	% who agree with statement
4. I think the dates are confusing	37%

Scale: #1 - #4: 1 = "Yes, agree", 2 = "No, disagree"

The following two tables show pre- and post-test results on measurable behavior changes related to throwing away food and confidence levels for knowing how much food to buy, how to store food properly, and what to do with leftovers. As shown in *Table 13*, participants showed statistically significant ($p < .05$) decreases in two of the eight responses. As a result of what they learned in the class, they reportedly threw away less produce. Additionally, participants showed a statistically significant decrease in discarding products because they had not been consumed by the use-by date.

Survey Question: Over the last week, how much of the following foods have you (and your family) thrown away (in a trash bin, curbside compost service, garden, fed to pets, down the sink, etc.)?

TABLE 13 TYPE OF FOOD THROWN AWAY OVER THE LAST WEEK, PRE- TO POST-RESULTS

Type of food thrown away (n = 93)	p-Value	Type of Statistically Significant Change
1. Fruit, vegetables, or salad	.007	Decrease
2. Bread, cakes, and desserts	.054	Decrease
3. Raw or cooked meat or fish	.195	None
4. Cheese and yogurt	.567	None
5. Milk and fruit juices	.240	None
6. Ready eats, convenience foods, or snacks	.278	None
7. Cooked leftovers from meals	.112	None
8. Food that is moldy or past its use-by date	<.001	Decrease

Scale: #1 - #8: 3 = "A lot"; 2 = "Some"; 1 = "A little"; 0 = "None"; 9 = "We don't eat this"/missing value

Table 14 shows that there was no statistically significant increase in confidence and knowledge about any of the three food procurement and preparation repurposing behaviors. However, each behavior does show high confidence levels that range from 71% to 75% and modest increases in high confidence from 3% to 7%.

Survey Question: How confident is your household in doing the following activities?

TABLE 14 GAUGING CONFIDENCE AND KNOWLEDGE OF FOOD PROCUREMENT AND REPURPOSING

Knowing... (n = 93)	% Pre-Test Very Confident	% Post-Test Very Confident	% Change	p-Value	Type of Statistically Significant Change
1. How much food to buy and prepare for your family	72%	75%	3%	<.683	No Change
2. How to store food properly in your kitchen and fridge	64%	71%	7%	<.288	No Change
3. What to do with extra food or leftovers	67%	72%	5%	<.783	No Change

Scale: #1 - #3: 3 = "Very Confident"; 2 = "Somewhat Confident"; 1 = "Not very confident"

Food Waste Reduction Post-Test Comments

Participants were asked “Did you prepare a recipe at home that used food you might have thrown away before you participated in this class?” Fifty-three percent of respondents indicated “Yes”. Another encouraging outcome was when asked at post-test if they had “...changed their cooking, shopping, and storage habits as a result of their participation in this class”, 81% indicated “Yes”. In addition, when asked at post-test to give an example of how they changed their cooking, shopping, and storage habits, an analysis and summary of 31 comments, shown in Table 15, provides some evidence that the curriculum had the intended effect on many.

TABLE 15 SUMMARY OF PARTICIPANTS' POST-TEST COMMENTS RELATED TO CHANGING COOKING, SHOPPING, AND STORAGE HABITS DUE TO CLASS PARTICIPATION (N = 31)

Topic	Aggregated Qualitative Analysis of Post-Test Comments
Better Storage and Awareness	<ul style="list-style-type: none"> • Practicing improved methods for storing fruits, vegetables, and dairy (e.g., freezing, using jars, keeping cilantro in water). • Enhanced knowledge of how to store vegetables in the freezer and general food preservation. • Increased focus on expiration dates when purchasing and consuming food. • Attention to proper storage to prevent waste (e.g., avoiding green potatoes).
Reducing Food Waste	<ul style="list-style-type: none"> • Less food waste due to better planning, awareness, and consumption of smaller portions. • Utilizing food leftovers creatively (e.g., cooking with carrot and beet leaves). • Freezing foods to extend shelf life and composting to recycle waste.
Buying and Consumption Habits	<ul style="list-style-type: none"> • More intentional shopping, such as making weekly lists and buying only what's needed. • Reduce overbuying to minimize waste. • Preference for purchasing more fruits and vegetables that can be easily consumed.
Sustainability Efforts	<ul style="list-style-type: none"> • Increased recycling practices, such as repurposing old jars for food storage. • Awareness of composting as a method to handle organic waste properly.

Overall, despite a lack of statistically significant change in confidence and knowledge of food procurement and preparation, the respondents’ comments underscore their conscious efforts to plan better, avoid overbuying, and be more mindful of food use. They also learned new techniques for wasting less and storing food more efficiently.

In effect, participants’ comments are evidence that the *Food Waste Reduction* course did help many of them to make changes that demonstrate an important shift towards more sustainable and mindful food management practices. Most importantly, participants said they learned the curriculum’s three key messages to *Reduce, Reuse, and Recycle* foods, which help them save money. Finally, they thanked the instructor for the educational information that helped them become more aware of the effects of food waste on the environment and in their home.

INDICATORS OF SUCCESS

Catholic Charities of California

93 FOOD WASTE REDUCTION SURVEYS COLLECTED

LANGUAGE



45.7% English
54.3% Spanish

GENDER



83% Female
17% Male

AGE



38% 18 - 59
56% 60 - 75
6% 76+

ETHNICITY



68% Latine
32% Non-Latine

RACE

(CAN HAVE MULTIPLE SELECTIONS)



9% Asian
4% Black
4% Native American
50% Pacific Islander
17% White
35% Preferred no response

POST TEST RESULTS

*STATISTICALLY SIGNIFICANT RESULTS

Cooking, Shopping, & Storage Habits



75% are confident in how much food to buy



72% are confident with using extra food or leftovers



71% are confident in proper food storage



Decreased throwing away fruit, vegetables, or salad*



Decreased having food that is moldy or past its use-by date*

Did you prepare a recipe at home that used food you might have thrown away?



Used shredded chicken repurposed for tacos, salads, or mixed with veggies



Made vegetable-based dishes like soup and salads



Used already cooked beans transformed into tacos, tostadas, burritos, etc.



Used already cooked meats added to salads



Used overly ripe bananas to make banana nut bread

Aggregated Intent-to-Change (ITC) Results FFY 2024

A total of 5,200 *Intent-to-Change* (ITC) surveys across 16 single-session nutrition education topics plus two *Food Waste Reduction* (FWR) topics were collected on paper and via online survey in FFY 2024 from six CCC LIAs. Sixty-one percent of the surveys were collected with the Spanish version of the ITCs and 39% were in English.

Results for Aggregated ITC FFY 24

The results are separated across three types of behavior changes that correspond to the SNAP-Ed Evaluation Framework ST1 Healthy Eating, ST2 Food Resource Management, and the ST3 Physical Activity indicators. After the single-session nutrition education class, depending on the topic, participants were asked to indicate on the short survey if they intend:

- to do a healthy eating, drinking, or physical activity behavior more often
- to do an unhealthy eating or drinking behavior less often, or
- to do a specific food resource management behavior the next time they shop for food

As shown in *Table 16*, across 2,111 respondents, the proportion of those not practicing healthy eating behaviors last week ranged from 12% (eating more than one kind of vegetable each day) to 39% (eating smaller food portions). Across the seven questions, 59% to 85% of the respondents who had previously reported they didn't engage in the healthy behavior indicated that they intend to practice the healthy behavior over the next week. The largest intent (85%) was for eating from the five food groups more often. Overall, when the seven healthy eating behaviors were combined and analyzed, one-quarter (27%) of all participants reported they were not practicing healthy behaviors and, of those folks, about three-fourths (73%) indicated that they would practice the healthy behavior more often in the coming week.

TABLE 16 ST1 INTENT-TO-CHANGE BEHAVIOR BY CONSUMING HEALTHY FOODS MORE OFTEN

During the past week did you...	Total (n)	% Not practicing the healthy behavior	# Not practicing the healthy behavior	% and # Not practicing but intends to do the healthy behavior "More Often"
Eat foods from all 5 food groups each day?	703	35%	246	85% (209)
Eat whole grain products every day?	262	21%	56	61% (34)
Eat or drink lower fat milk products at least 2 times a day?	80	25%	20	60% (12)
Eat more than 1 kind of vegetable each day?	445	12%	52	65% (34)
Eat fruit at least 2 times a day?	160	18%	29	69% (20)
Choose a smaller amount of food or beverage?	298	39%	116	63% (79)
Eat a breakfast that includes at least 3 food groups?	163	31%	51	59% (30)
Combined: During the past week did you eat healthy foods?	2,111	27%	570	73% (418)

As shown in *Table 17*, 59% of respondents who drank sweetened beverages daily in the past week reported that they would drink them less often within the next week. Similarly, 65% of the respondents who reported eating fast food in the past week and 61% of the respondents who reported that they ate fried food intend to do the unhealthy behavior less often next

week. Overall, 38% of the 773 respondents reported practicing unhealthy eating and drinking behavior in the past week. Of those respondents, 61% of respondents intend to do an unhealthy behavior less often next week.

TABLE 17 ST1 INTENT-TO-CHANGE BEHAVIOR BY CONSUMING UNHEALTHY FOODS AND BEVERAGES LESS OFTEN

During the past week did you...	Total (n)	% Practicing the unhealthy behavior	# Practicing the unhealthy behavior	% and # Practicing unhealthy behavior but intends to do it "Less Often"
Drink a sweetened beverage every day?	468	33%	156	59% (92)
Eat fast food?	193	50%	97	65% (63)
Eat fried foods 2 or more times?	113	36%	41	61% (25)
Combined consuming unhealthy foods in past week.	774	38%	294	61% (180)

As shown in *Table 18*, 27% of respondents did not plan meals before they went grocery shopping, and 34% did not make a list before they went to the store. Of those participants, 62% indicated they intended to plan meals and 61% intend to make a shopping list before going to the store next time. While shopping, 40% indicated that they do not use the nutrition facts label and, of those respondents, 63% of those respondents indicated they will use it next time. Nearly one-third (32%) of respondents indicated that they do not compare unit prices while grocery shopping. However, most (81%) of those indicated that they would the next time they went shopping.

A total of 215 adults participated in *Food Waste Reduction* single-session classes related to reducing food waste by planning how much food to buy before shopping and checking the expiration dates of their refrigerated packed foods. Among those participants, 16% were not practicing the two behaviors but 91% of folks who were not previously practicing the behavior reported they will plan how much to buy and 100% will check expiration dates within the next week. When the food resource management behaviors of the 1,678 participants are combined, 523 respondents indicated they were not already practicing the desired behavior. Of those 523 respondents, 68% indicated that they would incorporate the desired behavior the next time possible.

TABLE 18 ST2 INTENT-TO-CHANGE BEHAVIOR BY PRACTICING SMART SHOPPING AND GOOD FOOD RESOURCE MANAGEMENT BEHAVIOR

During the past week did you...	Total (n)	% Not practicing the healthy behavior	# Not practicing the healthy behavior	% and # Not practicing the healthy behavior who intend to do it next time
Plan meals before going to the store?	448	27%	121	62% (75)
Make a list before going to the store?	240	34%	82	61% (50)
Use the nutrition facts label to choose food?	466	40%	188	63% (118)
Compare unit prices before choosing foods?	309	32%	98	81% (79)
Plan on how much to buy?	136	15%	21	91% (19)

During the past week did you...	Total (n)	% Not practicing the healthy behavior	# Not practicing the healthy behavior	% and # Not practicing the healthy behavior who intend to do it next time
Check the expiration date on refrigerated packaged food?	79	17%	13	100% (13)
Combined FRM behaviors in past week.	1678	31%	523	68% (354)

As shown in *Table 19*, among the 638 participants who responded, 191 (30%) indicated that they did not practice moderate physical activity in the last week. However, among those respondents, four out of five (80%) intend to engage in moderate physical activity over the next week.

TABLE 19 ST3 INTENT-TO-CHANGE BEHAVIOR BY DOING PHYSICAL ACTIVITY MORE OFTEN

During the past week did you...	Totals (n)	% Not practicing the healthy behavior	# Not practicing the healthy behavior	% and # Not practicing who intend to do the healthy behavior "More Often" next week
Engage in moderate physical activity for at least 2.5 hours?	110	25%	27	78% (21)
Engage in moderate physical activity for at least 30 minutes on 5 or more days?	525	32%	132	80% (132)
Combined: physical activity minutes and hours in last week	635	30%	191	80% (153)

Summary

In summary, the four tables above show that the aggregated levels of intent to change ranged from 61% to 80%. Indeed, the highest level of intent to change was the 80% who had not previously done physical activity but now intend to increase their physical activity more often. The next level was the 73% of single-session participants who were not practicing a healthy eating behavior who left their educational session with the intent to practice those behaviors in the next week. This is followed by the 68% who had not previously but now intended to practice smart shopping behaviors and food waste reduction practices within the next week. Finally, and perhaps not too surprising, the lowest level of intent to change was 61% for lessening the consumption of unhealthy fast and fried foods and sugar-sweetened beverages.

INDICATORS OF SUCCESS

Catholic Charities of California

5,200 ITC SURVEYS COLLECTED

LANGUAGE



61% Spanish
39% English

GENDER



77% Female
21% Male
1% Non-Binary
1% Preferred
no response

AGE



65% 18 - 59
32% 60 - 75
3% 76+

ETHNICITY



76% Latine
17% Non-Latine
7% Preferred no
response

RACE

(CAN HAVE MULTIPLE SELECTIONS)



5% Asian
5% Black
4% Native American
1% Pacific Islander
67% White
18% Other

KEY INDIVIDUAL IMPACTS

for individuals not already practicing the behavior

Consume Healthy Foods Intent to Change



85% intend to eat from all 5 food groups



61% intend to eat whole grain every day next week



63% intend to choose a smaller serving size

Fruits & Veggies Intent to Change



65% intend to eat more than 1 kind of veggie



69% intend to eat fruit at least 2 times per day next week



59% intend to eat a breakfast with 3+ food groups

Physical Activity Intent to Change



80% intend to do 30+ min of exercise, 5 days+ per week



78% intend to engage in moderate physical activity for 2.5 hours+ per week

Food Resource Intent to Change



100% intend to check the dates on refrigerated packaged food



81% intend to compare unit prices before choosing food



63% intend to use the nutrition facts label to choose food



INDIRECT EDUCATION

325,433
people reached

TOP REACH STRATEGIES

203,108

Hardcopy
Materials

57,484

Social media
impressions

46,278

Site-based
assets

In FFY 24, Catholic Charities of California (CCC) Local Implementing Agencies (LIAs) continued to complement their direct education and policy, systems, and environmental change activities with engaging interactive indirect education that reached more than 300,000 Californians. Healthy messaging was incorporated throughout the programs to reinforce each agency’s comprehensive approach to promoting nutrition education and physical activity. Clients accessing the food pantries operated by CCC LIAs received healthy recipes to help them use the produce and pantry items in their food bags.

Agencies also hosted and partnered with other organizations to hold fun healthy eating and physical activity community events. Refreshments such as infused water and culturally relevant healthy snacks were served. At one event, a CCC agency involved participants in a “Beverage Breakdown” exercise. Program staff used a cellphone app to engage with participants about the kinds of drinks they consume throughout the day. One agency continued to use a previously acquired ‘Smoothie Bicycle,’ a stationary bicycle outfitted with a blender that worked when someone rode on the bike. The Smoothie Bike also proved to be an event attraction. Wherever the bike went, people gathered around to see what it was and how it worked.

Some agencies augmented their healthy messaging by operating active CalFresh Healthy Living (CFHL) social media accounts, using Facebook, Instagram, and YouTube platforms, as seen in *Figure 1*. Their colorful postings and videos reminded their followers to eat healthy, consume more fruits, veggies, and whole grains, and eat well-balanced meals while increasing their physical activity. Other posts invited the community to attend one of their CFHL nutrition education classes or participate in a community event. CCC LIA’s social media activities received nearly 58,000 views this fiscal year.



FIGURE 1 CC LOS ANGELES' INDIRECT EDUCATION EFFORTS IN FFY 2024 THROUGH THE USE OF INSTAGRAM



PARTNERSHIPS AND SETTINGS

334

Total Partnerships

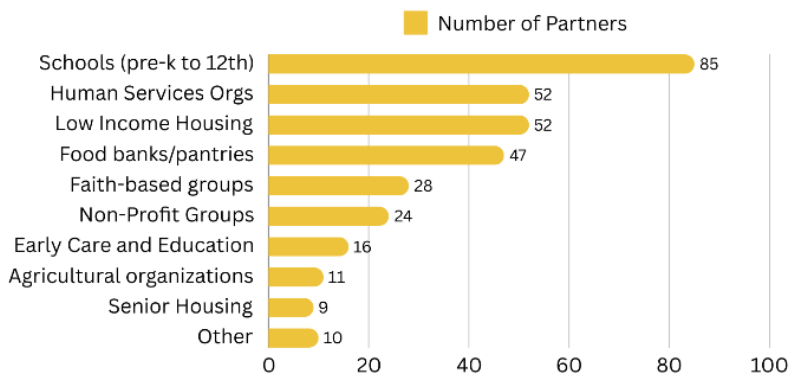
256

Total Sites Worked At/With

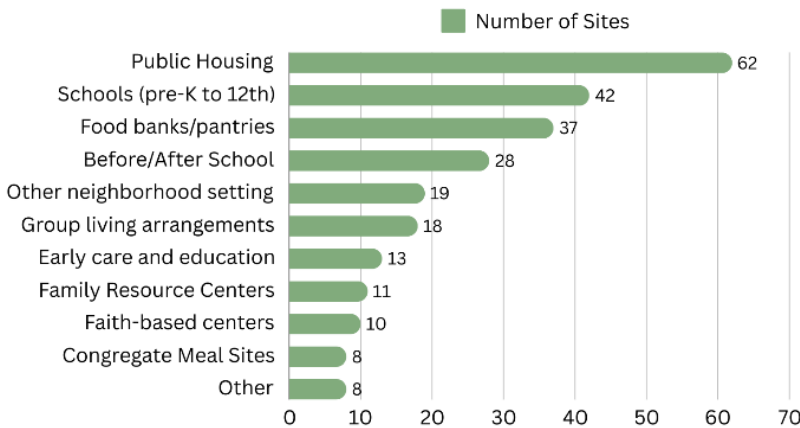
24

Active Coalition Engagement

Partnerships



Settings worked in



Catholic Charities Local Implementing Agencies leveraged their CFHL funding by partnering with faith-based communities, not-for-profit organizations, low-income housing authorities, congregate meal sites, schools, food banks, and more to increase access to healthy food and physical activity opportunities. Partnerships with new traditional and non-traditional organizations and donor contributions helped the local agencies increase the value and success of their work by leveraging resources with in-kind contributions from the community. This synergistic effect allowed Local Implementing Agencies to sustain and expand their impact in the communities they serve.

CCC agencies utilized these partnerships to maximize their ability to reach more people by working with established partners to target strategic settings. The number one setting CCC LIA's worked in was Public Housing followed by various School systems (K – 12th grade). As you can see, there are similarities across *Figure 1* and *3*, which is expected as many of the partnerships in the CCC LIA network are directly associated with approved site locations also within the network.

FIGURE 1 AND 3: TOTAL TYPES OF PARTNERSHIPS AND SETTINGS WORKED WITH ACROSS CCC NETWORK



PSE CHANGES

337,905
people reached

TOP PSE CHANGES

407

Community
Gardens

329

Access to
Healthy Food

317

Physical
Activity
Opportunities

29

Healthy Food
Pantries/
Banks

Introduction

Policy, Systems, and Environmental (PSE) change interventions are designed to increase access to healthy food and physical activity options for low-income individuals and families in places where people eat, live, work, learn, shop, and play. In conjunction with direct and indirect education and messaging, PSEs maximize the likelihood of behavior change being maintained over time.¹

As part of their multifaceted approach to making lasting change by increasing food security, nine LIAs increased the availability of fresh fruits and vegetables through no cost access to produce from local gardens. In FFY 24, three Catholic Charities' LIAs expanded their focus to include food reduction, recovery, and redistribution. Strategies such as Free Little Pantries avoided thousands of pounds of food waste going to landfills. Additionally, CCC LIAs offered a variety of innovative and engaging physical activity opportunities including activities that encouraged children to be physically active, Zumba and chair exercises for older adults, and walking clubs for adults of all ages. Direct and indirect education activities conducted by each LIA supported their PSE work.

Overall, Catholic Charities LIAs effectively implemented 1,389 PSE changes that reached an estimated 337,905 individuals. Of that work, 75% focused on nutrition supports, the majority being through systems changes. Around 24% of PSE changes were inclusive of physical activity supports that were adopted primarily through systems and environmental strategies. Most of the PSEs were implemented at emergency food distribution sites, after-school programs, community organizations, family resource centers, shelters, and low-income housing locations.

This section contains the key PSE change activities that summarize the accomplishments of the Catholic Charities LIAs across the following overarching strategies: Access to Healthy Food, Community Gardens, Healthy Food Pantries, and Physical Activity.

¹ U.S. Department of Agriculture, Food and Nutrition Service. The Supplemental Nutrition Assistance Program Education (SNAP-Ed) Evaluation Framework: Nutrition, Physical Activity, and Obesity Prevention Indicators: Interpretive Guide to the SNAP-Ed Evaluation Framework. 2016. Available from <https://snaped.fns.usda.gov/>

PSE Changes

NUTRITION PANTRY PROGRAM

In FFY 2024, Catholic Charities LIAs initiated, maintained, or enhanced the availability of healthy food in **5** agencies across California. Of these food pantry sites, 6 received or maintained NPP certification in FFY 2024.

ACCESS TO HEALTHY FOOD

10 CCC LIAs worked with to improve the procurement of healthy food sources for food banks and/or pantries, as well as worked on establishing formal nutrition standards for agency and partner sites.

COMMUNITY GARDENS

In FFY 2024, **8** Catholic Charities LIAs collaborated with partners and volunteers to plan, plant, and maintain 56 edible gardens.

COMMUNITY PHYSICAL ACTIVITY

10 CCC agencies worked with over 5,200 CFHL youth and adults in FFY 24 through organized Zumba and Yoga classes, weekly walking and hiking clubs, and youth fitness activities.





COMMUNITY GARDENS

9

Agencies

20

Counties

188,233

Individuals
reached/impacted

Catholic Charities of Fresno

CCFR integrated gardening into direct education by providing seeds and transplants and connecting participants with a community garden for ongoing support. At Silvercrest Apartments, low-income residents engaged in successful container gardening, sharing crops and tips, setting the stage for FFY 25 nutrition education classes using the Fresh from the Garden curriculum. CCFR taught garden-based education using the Nutrition to Grow On curriculum at the Garden and Community Academy and St. Helen's Catholic School. Students participated in hands-on gardening, composting, and nutrition activities, fostering healthy eating habits and food security.

Catholic Charities of Los Angeles

CCLA supported five community and school gardens in FFY 24. Various produce and herbs were grown in the gardens and one site had 11 fruit trees. CCLA staff, community volunteers, and students assisted with weeding, planting, watering, and gleaned. The fresh produce was used during the CCLA nutrition classes for food demonstrations and tastings and was donated to the agency's food pantries. At one site, students celebrated the harvest by assisting with preparing a salad with fruits and veggies from the garden topped with a healthy dressing.

Catholic Charities of Monterey

CCMO supports seven community gardens at low-income housing sites and schools. CCMO partnered with Master Gardeners, housing coordinators, and teachers to assist with garden maintenance and garden-based education. In FFY 24, CCMO expanded its hydroponic gardening efforts, installing systems at Camphora Apartments and its Monterey office, growing fresh produce for nutrition education, and starting plants for other garden sites. Additionally, in FFY 25, the Santa Cruz school district plans to purchase five hydroponic systems with support from LifeLab, allowing students and families to maintain and share future harvests with school cafeterias.

Northern Valley Catholic Social Services

NVCSS collaborates with schools, residential housing sites, family resources centers, treatment facilities, and early childcare locations throughout their six-county region: Butte, Glenn, Shasta, Siskiyou, Tehama, and Trinity Counties. NVCSS supports the gardens by providing seeds, soil, and materials to plant and maintain the gardens, garden-based nutrition education, cooking lessons to support the harvest, and training for teachers, students, and volunteers on maintaining the gardens. Additionally, they place hydroponic gardening systems in areas with the greatest need. Hydroponic gardens use vertical farming to grow produce in a small space. By FFY 24, their garden partnerships grew to 31 edible gardens and supplemented school salad bars. Garden produce also supplemented a district-wide weekend backpack program providing healthy meals to food-insecure students.



Catholic Charities of Orange County

Since establishing an edible garden at the CCOC's Doris Cantlay Food Distribution Center in FFY 21, the garden has grown to 85 raised beds in FFY 24. The garden is maintained by staff and volunteers. The garden provides fresh produce for food pantry clients, yielding 2,500 lbs. of vegetables this year and serving over 3,500

individuals monthly. In FFY 24, CCOC partnered with St. Joseph’s Catholic School to refurbish its garden, providing nutrition education to fourth and fifth graders through the TWIGS curriculum. The school garden produced over 100 lbs. of vegetables, used in student events, and donated to families. CCOC aims to expand garden-based education and events in FFY 25.

Catholic Charities of San Bernardino & Riverside Counties

CCSRiv maintained three regional center gardens. Two of the centers grew an abundance of fruits and vegetables, and one maintained a citrus orchard, growing tangerines, oranges, grapefruit, and lemons. The produce from the gardens and citrus trees supplemented the foods distributed to food-insecure residents, and some produce was used for recipe distributions and tastings during nutrition education classes. Clients receiving healthy food from the food distribution centers were able to leverage their household budgets and increase their families’ food security.

Catholic Charities of San Francisco

CCSF launched its first hydroponic garden system growing fresh fruits and vegetables at St. Peter’s Catholic School at the end of FFY 23. CCSF added a hydroponic system to the agency’s Maureen & Craig Sullivan Center in FFY 24. Ample crops of romaine lettuce, basil, and tomatoes were harvested. Students learned healthy food choices through hands-on activities like making salads and pesto. Extra produce was shared with families, fostering community engagement. CCSF plans to expand this initiative to more schools in FFY 25.

Catholic Charities of Santa Rosa

In FFY 24, CCSR collaborated with teachers, students, residents, and volunteers to plant and maintain nine edible school and community gardens. Six gardens were located in Sonoma County, three were CCSR-operated sites, and three were in schools. In addition, CCSR collaborated with two sites in Lake County. At one site, CCSR implemented a hydroponic garden that thrived indoors to help address food insecurity in Lake County. The produce gleaned in Sonoma County was used to prepare healthy meals at CCSR-supported housing sites.

Catholic Charities of Stockton

When CCST moved its offices, the new site did not have the capability for an in-ground edible garden. The agency determined that container gardens could be used to grow fruits, vegetables, and herbs. They showcased their first harvest, featuring jalapeños and other produce in a food demonstration and tasting. Also, in FFY 24, students attending after-school garden-based classes learned gardening basics and the benefits of composting while planting small pots to take home. In FFY 25, CCST plans to use the produce harvested from the container gardens for recipe preparations and tastings during nutrition classes and gardening workshops that teach participants how to grow healthy food at home.





ACCESS TO HEALTHY FOOD

10

Agencies

18

Counties

170,720

Individuals
reached/impacted

Access to healthy food means that every adult and child has access to nutritious, affordable, and available foods including fresh fruits and vegetables, whole grains, low-fat dairy products, lean protein, water, and canned goods low in sodium and sugar. Lack of access to healthy food can impact an individual's health and a child's learning ability. In FFY 24, nearly 200,000 Californians turned to 83 emergency food pantries operated by 10 Catholic Charities' local implementing agencies that provided fresh produce and healthy food to help increase their food security.

In FFY 24, three Catholic Charities' LIAs expanded their focus to include food reduction, recovery, and redistribution. These strategies avoided thousands of pounds of food waste going to landfills. They varied by agency, with two LIAs incorporating Free Little Pantries into their programming.

Nutrition standards established at each LIA helped direct the procurement of purchased and donated healthy products for food pantries focused on fresh fruits and vegetables, whole grains, low-fat dairy products, lean protein, water, and 100% fruit juice. New and existing partners helped the agencies meet emergency food needs in their communities.

The agencies described below supported their efforts to increase healthy food through direct and indirect education. To complement the food distribution, colorful, healthy messaging materials, and culturally diverse recipes, available in English, Spanish, and Vietnamese, were distributed throughout the year. Donations from food banks and gleaning organizations, contributions from the community, and grants helped leverage their funds and provide a greater impact.

Catholic Charities of Los Angeles

CCLA supported its three food pantries with contributions from donors and collaboration with the local food bank. These partnerships allowed CCLA to meet the growing need for healthy food in the low-income communities they serve. Healthy food, including fresh fruits and vegetables, nonperishable foods, and canned goods low in added sugars and sodium, adhered to the agency's nutritional standards and Gold *Nutrition Pantry Program* (NPP) certification. CCLA reached nearly 50,000 individuals and families in need who accessed their three food pantries. Between October 2023 and September 2024, the sites distributed 74,868 pounds of produce to pantry clients seeking emergency food assistance.



CCLA also committed to recovering and redistributing food from their centers and partner organizations. Food waste was composted and used onsite at one location as a soil amendment, while food past the point of safe consumption was sent to an offsite location where large volumes of compost were created and returned to the community. CCLA also collaborated with a local school's apprenticeship program that provides free or reduced-price breakfast and lunch. CCLA recovered the

school's excess milk, sandwiches, fruit, etc., and redistributed the food to the agency's food pantry. Due to CCLA's reduction, recovery, and redistribution efforts, thousands of pounds of food waste were saved from landfills.



Northern Valley Catholic Social Services

Since FFY 22, NVCSS has delivered a multifaceted, comprehensive program to decrease food insecurity by increasing access to healthy food for Shasta County schools' students. In FFY 24, the NVCSS Healthy Eating Helping Hands program engaged culinary high school students in preparing six hot, ready-made meals for younger food-insecure students to take home over the weekend. NVCSS also incorporated a food recovery and redistribution initiative to increase healthy food offerings in the school cafeteria and reduce food waste. Surplus food from the cafeterias and produce from the on-site gardens are redistributed to each school's Free Little Pantries. Donations from community partners such as the Kiwanis Club and support from the After School Community Education (ACE) program contribute to the success of the Free Little Pantries.

NVCSS partnered with the ACE program in Shasta County to develop nutrition standards for six school sites. NVCSS also maintained nutrition standards for its treatment centers, group living emergency shelters, and the NVCSS offices. These standards reached 345 adults and children in FFY 24.

Catholic Charities of Orange County

In FFY 24, CCOC maintained its nutrition standards policy at the Doris Cantlay Food Distribution Center. The center served 67,355 individuals, offering fresh produce and non-perishable foods. Collaborations with local food banks help meet the high demand at the food distribution center through a drive-through service, accommodating 900 to 1200 vehicles daily. CCOC supports its nutrition standards through bilingual training on safe food storage and expiration dates for staff and volunteers.

Catholic Charities of San Bernardino & Riverside Counties

CCSB Riv operates seven food distribution centers. Food bags are supplemented with produce from the centers' edible gardens and fruit trees. The agency's partnerships with food banks, growers, schools, and individual donors helped increase CCSBRiv's healthy food availability across San Bernardino & Riverside Counties. Since 2016, each center has complied with the agency's nutrition standards policy. The policy ensures that clients seeking emergency food receive healthy foods, such as whole grain products, lean protein, canned goods low in sugar and sodium, and fresh fruits and vegetables.

Catholic Charities of San Diego

In FFY 24, CCSD partnered with two low-income housing complexes to increase the availability of healthy foods for their low-income older adult populations. They instituted a Pop-Up food pantry at two locations where residents who attended nutrition classes received 30 lbs. of fresh fruits and vegetables, shelf-stable foods, and canned goods. Recipients were

given healthy recipes from EatFresh.org that incorporated some of the foods they received from the pantries. Partnerships with food banks and donors contributed to the success of this PSE.

Catholic Charities of San Francisco

In FFY 24, CCSF collaborated with the Maureen and Craig Sullivan Center to update its Nutrition Standards Policy, emphasizing balanced meals with three food groups, prohibiting unhealthy snacks and sugary drinks, and teaching portion control and healthy choices. Posters and recipe books reinforce healthy habits, promoting diverse fruit and vegetable intake and physical activity. CCSF supports these standards by providing recipe cards and books for families to encourage similar practices at home. CCSF also maintained similar nutrition guidelines established in FFY 23 at the North Fair Oaks Library.



Catholic Charities of Santa Clara

CCSC updated their nutrition standards in FFY 24 for 20 after-school sites and events that partner with CalFresh Healthy Living (CFHL). These standards align with the Franklin McKinley School District’s wellness policy. The agency installed large bulletin boards called Nutrition Walls at nine schools to promote healthy eating. The walls are part of a greater county-wide effort by CFHL-funded partners to increase fruit and vegetable consumption, reduce sugary drinks, and promote active lifestyles. To further encourage healthy behavior, CCSC posted colorful signage at school water stations, promoting water consumption over sugary beverages and encouraging students to bring water bottles.

Catholic Charities of Santa Rosa

In FFY 24, CCSR continued its partnerships with organizations to increase access and availability to farm fresh produce for their clients. One organization, Farm to Pantry, a local volunteer-gleaning organization, provided CCSR and its partner sites with boxes of fruits and vegetables for distribution to their low-income clients. In addition, clients frequenting CCSR’s offices could participate in a Community Supported Agriculture program that provides participants with electronic benefits transfer (EBT) cards with boxes of half-priced produce. CCSR also continued its senior home delivery project, providing healthy food to home-bound seniors. These programs helped to decrease food insecurity by stretching participants’ food dollars.

Catholic Charities of Stockton

In FFY 24, CCST collaborated with 11 food pantries in San Joaquin County to serve their low-income population. The pantries were in community centers and churches. Shelf-stable food, canned goods low in sugar and sodium, meat, bread, and fresh produce were available to individuals and families seeking emergency food. Most pantries were open on a weekly or biweekly basis. The 11 community partners served over 20,000 individuals in FFY 24. In addition, the CCST food bank served 7,641 individuals in FFY 24 through its monthly food distribution, furthering the agency’s mission to increase food security through better access to healthy food.

Catholic Charities of Yolo-Solano

In FFY 24, the CCYS food pantry served a diverse community and provided 683 individuals with access to nutritious foods like fresh produce, whole grains, and lean proteins. In addition, only canned goods low in sugar and sodium and shelf-stable foods were distributed this fiscal year. Nutrition education was expanded with multilingual materials and a monthly newsletter featuring pantry updates and meal ideas using foods distributed by the pantry. CCYS launched the Free Little Pantries initiative in FFY 24, collaborating with Fairfield Adult School and community organizations to build and install multiple Free Little Pantries in underserved neighborhoods, increasing food accessibility and security to over 2,000 individuals.



PHYSICAL ACTIVITY OPPORTUNITIES

11

Agencies

18

Counties

54,417

Individuals
reached/impacted

Catholic Charities of Los Angeles

CCLA supported six walking clubs in FFY 24. Many walking clubs grew from participants' enthusiasm after attending a nutrition education series and a desire to continue practicing healthy behaviors. The walking clubs included English and Spanish speakers aged 25 to 80 who walk for an hour to 1 ½ hours each session and meet weekly or biweekly. One club accommodates individuals with mobility challenges with a virtual walking option. Over 1,000 participants attended the walking clubs in FFY 24, and popular Zumba classes engaged 40-50 participants for each class.



Catholic Charities of Monterey

In FFY 24, CCMO promoted physical activity in low-income housing communities by offering free Zumba classes. At the Camphora Apartments, they established walking routes with motivational signage and offered Bingocize for older adults at three sites. They also continued the CATCH (Coordinated Approach to Child Health) program for school-age youth. CATCH is an intervention aimed at preventing obesity in school-age children that offers physical activity opportunities for youth in a fun atmosphere. CCMO trained on-site coordinators to lead the CATCH activities and provided ongoing monthly support. CCMO's physical activity strategies reach 478 youth and adults.

Northern Valley Catholic Social Services

NVCSS used the Coordinated Approach to Child Health (CATCH) curriculum to increase physical activity in Shasta County schools in FFY 24. NVCSS uses a

Train-the-Trainer model to provide annual training for schoolteachers using CATCH. Additionally, they ensure that the equipment is functioning and that any damaged equipment is replaced. In FFY 24, NVCSS reached children in 10 Shasta and Glenn County schools with CATCH programming. Also, in FFY 24, NVCSS added Playground Stencils to four Shasta County schools. The colorful stencils encourage movement like leaping and galloping, jumping jacks, and hopscotch, while others encourage healthy eating, like images of MyPlate's five food groups. NVCSS reached an estimated 939 children with physical activity opportunities in FFY 24.

Catholic Charities of Orange County

CCOC enhanced community physical activity options in FFY 24 by starting the Club de Caminar at Warwick Square Apartments. CCOC provides a map of multiple walking routes around the apartment complex with warm-up and cool-down exercises. They also offer 30-minute in-person sessions after nutrition education classes and share pre-recorded exercise videos on YouTube covering stretching, strength training, and cardio. CCOC's physical activity classes conducted at 12 sites reached 2,601 adults and older adults.

Catholic Charities of San Bernardino & Riverside Counties

At its three regional centers, CCSBRiv partnered with volunteers to offer the community a variety of physical activity opportunities. The centers offered fun and engaging classes, including Zumba and dance, stretching and chair exercises for older adults, yoga and gardening opportunities, and walking clubs. Physical activity can increase endurance and mobility and improve overall quality of life.

Catholic Charities of San Diego

CCSD provided fresh produce to incentivize participants to complete the walking course at St. John’s Plaza, an affordable housing site for older adults. Residents who completed the course twice a month qualified to receive the fresh produce. CCSD staff supported this PSE with resistance bands and 2 lb. weights to increase participants’ heart rate and build muscle mass. Physical activity for older adults can reduce the risk of chronic diseases, improve bone health, maintain muscle strength, and enhance balance and coordination.

Catholic Charities of San Francisco

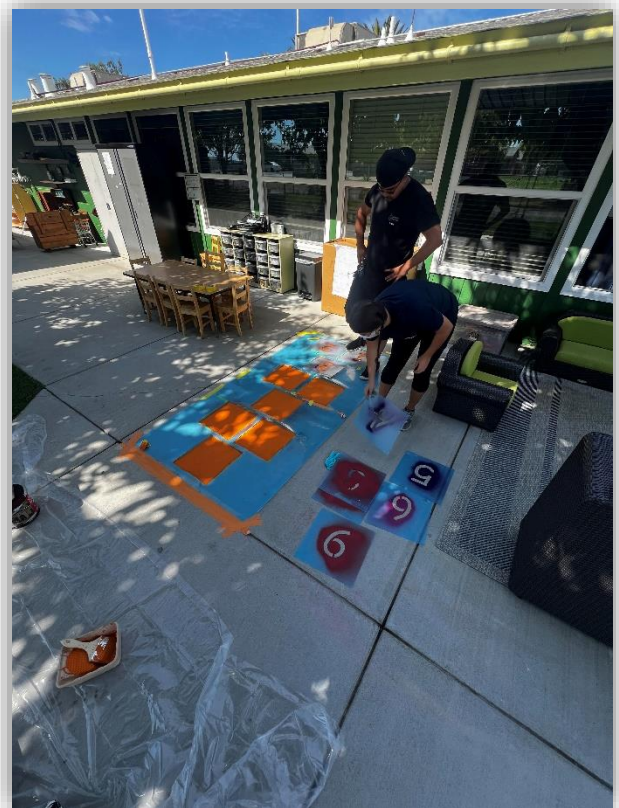
In FFY 24, CCSF expanded its physical activity programming by introducing the CATCH (Coordinated Approach to Child Health) model and plans for playground stencils to encourage active play. Stencils promoting physical activity were implemented, featuring colorful fruit and vegetable designs. Using the CATCH model, CCSF provided daily physical education and structured activities that reached 737 school-aged youth. They also offered summer training for staff to ensure effective curriculum delivery. CCSF promoted a culture of health by ensuring daily physical activity.

Catholic Charities of Santa Clara

The CCSC program continued its partnership with the Communities Organizing Resources to Advance Learning (CORAL) program in FFY 24 to enhance nutrition education and sports enrichment for the Franklin-McKinley School District youth. They implemented four physical activity programming across 20 schools, 15 elementary schools, three middle schools, and one youth center. Each site provided at least an hour of weekly physical activity that reached over 2,000 students in FFY 2024, along with additional activities in SNAP-Ed-funded sites during the summer. CCSC also promoted physical activity at community events.

Catholic Charities of Stockton

In FFY 24, CCST initiated three walking clubs, two at low-income housing sites and one at a Catholic parish. The walking clubs grew from participants' desire to practice healthy behaviors after attending a CCST nutrition education series and gardening workshops. Participants meet weekly to walk a designated path for a specific duration. In addition, CCST hosted events that included fitness sessions and engaging gardening projects for children. The Walking Club and gardening initiatives exemplify a successful community engagement model, promoting residents' health and well-being that reached 731 Stockton residents.



Catholic Charities of Yolo-Solano

In FFY 24, CCYS partnered with Leaven Kids at the Norman King Community Center to promote physical activity among children through a stencil activity. Large, reusable stencils were used to create playful designs on the ground, such as Hopscotch and Marching Ants, encouraging active play. Initial planning began in May, and the project was completed in June through teamwork with CFHL and CalFresh Outreach. A similar project was completed at the Dixon Migrant Center, where children were engaged in filling in the stencil designs. Pre- and post-assessments highlighted the importance of involving teachers, engaging youth, preparing the site, and effective teamwork as essential elements for project success. The physical activity strategies incorporated by CCYS reached 209 children during the fiscal year.





HEALTHY FOOD BANKS/PANTRIES

5

Agencies

6

Counties

105,460

Individuals
reached/impacted

Catholic Charities' Local Implementing Agencies initiated or maintained *Nutrition Pantry Program (NPP)* certification in FFY 24 that enhanced the availability of healthy food across California. The NPP provides training, assessment, and a work plan that reviews an agency's food distribution processes and provides an avenue for enacting a client-centered model, where clients determine the food carried by the food pantry and choose the food they receive.

Catholic Charities of Fresno

In FFY 24, CCFR reviewed its nutrition standards and policies to ensure they comply with the NPP guidelines. They provided training for new educators on implementing client-centered food distribution. CCFR also updated its vending machine policy to include healthier beverage options and collaborated with the Senior Companion Program to deliver nutrition education.

Catholic Charities of Los Angeles

CCLA maintained Gold NPP certification by ensuring healthy food was distributed through its three agency food pantries and partner sites. CCLA prioritized healthy food distribution, including fresh fruits and vegetables, nonperishable foods, and canned goods low in added sugars and sodium, adhering to the agency's nutritional standards.

Catholic Charities of San Bernardino & Riverside

CCSRiv has worked since FFY 19 to improve its food distributions to be more client-focused, in keeping with the NPP guidelines. As of September 2024, five of the agency's seven food distribution centers completed improvements such as gathering client feedback, restructuring the distribution centers to carry and distribute foods requested by clients, and training staff and volunteers on NPP best practices. Annually, each distribution center completes a NPP "Check-In" to maintain NPP goals and objectives.

Catholic Charities of Santa Rosa

CCSR maintained Gold Certification for its Palms Inn food distribution. CCSR partnered with gleaning organizations and the Community Supported Agriculture program to increase the availability of healthy foods for food-insecure clients. All agencies that partner with CCSR agree to comply with the agency's standards for distributing healthy foods and the NPP guidelines.

Catholic Charities of Yolo Solano

In FFY 24, CCYS enhanced its nutrition-focused initiatives and achieved Gold NPP certification. In keeping with the NPP guidelines, CCYS revamped its food pantry operations to resemble a grocery store, aligning with MyPlate guidelines to improve client access to nutritious foods. They added waste reduction and composting, and developed an Operations Manual for staff and volunteers. CCYS also launched the *Free Little Pantries* initiative to increase food security for low-income residents in Solano County by making food access available in areas with no food pantries.



SUCCESS STORIES

37
submitted

HIGHLIGHTS & THEMES

CC Stockton

Partnership & Collaboration

CC Santa Rosa

Community Champions

CC Yolo Solano

Innovating Food Access

CC Los Angeles

Holistic Impacts

NVCSS

Reinvigorating the Community

Local Implementing Agency

CC Stockton

County

San Joaquin

Site

Catholic Charities of the Diocese of Stockton

Catholic Charities of Stockton's Partnerships Lead to Nutrition Program Collaboration

"I am very grateful to Catholic Charities, that [they] take the time to go to each of our schools and give their presentation. Because thanks to that presentation, our parents, our families, now know someone with information, with a phone number where they feel confident calling for any resource they need. These [necessary] resources include food through the food bank and, thanks to [CCST's assistance in] filling out application[s], they also feel confident going to their pantry. With all the information [the families] receive about the application for CalFresh Food Assistance, the parents lose their fear, their questions are answered, and they feel more comfortable in being able to go to this agency and receive the services that they need. There is no fear; there is trust, and they can receive these benefits." - Maricarmen Anaya-Rodriguez, CFHL, UCCE Educator

Catholic Charities Diocese of Stockton (CCST) provides both CalFresh Healthy Living (CFHL) and CalFresh Outreach (CFO) services to the communities they serve in the San Joaquin and Stanislaus counties. During a meeting with other CFHL local implementing agencies in San Joaquin County, CCST CHFL staff shared the effectiveness of their partnership between the CalFresh Healthy Living Program and the CalFresh Food Outreach Programs. The UC Cooperative Extension (UCCE) was interested in duplicating this partnership so that participants from their direct education series could receive the CalFresh Food benefit information and awareness that CCST could provide application assistance. UCCE shared that many of their participants experienced struggles due to the high cost of living and were unsure they could afford more nutritious food as they completed the series of nutrition classes.

Staff with UCCE contacted CCST's CFO program coordinator, shared their challenges, and requested to partner to address their participant's challenges with accessing healthy food. The idea was to have a CCST CalFresh Application Assistor come to the last workshop during a series of nutrition classes to share updated CalFresh food benefit information and descriptions of the services available at CCST. The program coordinator shared

with UCCE that they could provide that assistance and CCST's Food Bank could also support UCCE CFHL participants by providing a resource bag of healthy food and other essential household items.

The program's success will continue because of the effectiveness of the partnership and the positive impact the layering of the resources has on the community. The different funding sources and staff capacity work effectively to identify groups of individuals who need nutritious food and make connections to CalFresh Food benefits and the assistance that the Food Bank can provide.

In addition, providing the participants with information on the CalFresh benefits is a long-term solution to connect those in need with one of the most effective ways to address hunger and food insecurity in San Joaquin County.



Local Implementing Agency	County	Site
CC Santa Rosa	Sonoma	Windsor Veterans Village

Community-Inspired Wellness: Moving One Another to Move

“This is the first time that this many people have gathered together here before. I’ve never heard this much noise in this room, with all the chatter and talk. This is the first time the community center has actually felt like a community.” – W.V.V. resident

While there has been growing recognition in recent years of the importance of honoring veterans with more comprehensive care and support, studies from the Veteran’s Association have shown that veterans are more likely to experience chronic health conditions compared to their non-veteran counterparts. In Sonoma County alone, over 20,000 veterans are faced with this risk. After learning of an organization titled Nation’s Finest (NF) providing services to veterans, the CFHL team at Catholic Charities of the Diocese of Santa Rosa (CCSR) reached out to the NF coordinator to discuss the possibility of providing nutrition classes. She directed the team to a site called Windsor Veterans Village (WVV), a permanent housing site for veterans who had previously experienced homelessness. She was interested in the concept of nutrition programming, but warned the CCSR educators not to expect much turnout, referencing outdated stereotypes about elderly gentlemen often being stubborn and stuck in their ways.

Shattering that stereotype, residents showed up. One at a time, residents wandered into the community center, their interest piqued by someone preparing a new snack. This grew into formal nutrition lessons on a weekly basis and, with the support of a key resident named Kenneth (affectionately referred to as “the mayor”), interest began to grow. Kenneth provided what the CFHL team could not: personal testimony of the unique experiences and challenges faced by veterans, and the positive impact that lifestyle changes could have on that. Kenneth was loved and well-respected, and encouragement from “the mayor” to attend the classes was all that many residents needed. Multiple residents soon testified that it was the liveliest they had ever seen their community center, and the first time it truly felt like a community. During these lessons, the educators provided informal chair yoga as a mid-lesson movement break.

Eventually, these short movement breaks turned into longer sessions, and as the CFHL team began to strategize about how to tap into this newfound interest, the veterans themselves voiced their wishes: they wanted real yoga classes.



Through a partnership with the Santa Rosa Junior College (SRJC), an agreement was made that allowed yoga instructors in training to complete their internship at WVV, providing free yoga classes to residents on a weekly basis. The only requirement was to have a certified yoga instructor present for the interns and, fortunately, the NF coordinator already held this qualification. With Kenneth as the community champion encouraging his neighbors, residents began to show up and participate, often up to ten participants per class. Residents who previously resisted any form of exercise were drawn by the opportunity to take part in something communal, inspiring a greater commitment among many to prioritize their health. However, when the coordinator holding

the yoga certification left the organization, the intern partnership was placed on hold. In its place, the CCSR development team recruited a volunteer who was eager to provide Zumba classes, set to begin biweekly in 2024; this would be a more sustainable option moving forward, as it would not have the same requirement around certification. The “mayor” was interested, and consequently, so were many others.

Kenneth passed away in December 2023, leaving behind deep sadness among the community and, in their grieving process, an understandable sense of disinterest for some. Residents began to feel indifferent toward the once-vibrant wellness program that Kenneth had helped develop, questioning its utility and missing their friend. To honor Kenneth and his contributions, however, the CFHL team is determined to press onward. When the yoga classes first began, it was not initially prompted by their interest in exercise but their interest in community; residents were driven by a desire to come together and build up the relationships they longed for. In doing so, they experienced the self-reinforcing cycle of wellness, where feeling better can provide the necessary motivation and desire to make healthy lifestyle changes, which in turn enables the individual to feel even better. Through the volunteer’s offering of biweekly Zumba classes and the CFHL’s nutrition programming, the team hopes to tap into that cycle once again. The team looks to consistently provide residents with opportunities to dip their toe back into the wellness programs, allowing residents to take part again as they are ready, prioritizing their health not just for Kenneth this time, but for themselves.

Local Implementing Agency	County	Site
CC Yolo Solano	Solano	Various

Increasing Food Access while Reducing Food Waste – Free Little Pantry Installations in Solano County

“...for our students, it’s given them a good sense of direction in what they are learning from the class, and how they can use it—not only to benefit their own lives but to positively impact the community at large.” - Scott Knoll, head of the Career and Technical Education Department at the Fairfield Suisun Adult School

The Free Little Pantry (FLP) project offers communities a vital safety net, where food is available outside of regular distribution hours, and operates on a “take what you need, leave what you can” basis. Not only does this initiative increase access to food, but it also serves as a hub for surplus items from community members’ pantries. This is beneficial for participants utilizing other food support networks, as many traditional food distribution efforts in the county provide pre-packed food bags, often containing items that may not be useful for every recipient. The FLP—small pantry boxes placed in accessible, community-facing spaces—allow participants to easily pick up or drop off items as needed. This project fosters a sense of community engagement, enabling residents to both receive and provide assistance to their neighbors.



The project could not have come to fruition without the impactful partnerships CCYS has cultivated throughout the county. The Fairfield-Suisun Adult School Carpentry program agreed to build seven FLP boxes during their evening carpentry class. When speaking with the students building the boxes, many expressed a sense of accomplishment in creating a meaningful resource for their community, adding value to their educational experience. From its inception, the FLP project has been a community-focused effort, built by the community, for the community.

Furthermore, with the support of diverse community site partnerships — ranging from after-school programs and public housing complexes to senior living facilities and Early Childhood

Education preschools—CCYS has effectively increased food access for many community members. To ensure the pantries are well-maintained and donations are appropriate, CCYS’s CFHL team created a list of “Site Agreements” and “Donation Item Guidelines” that site staff agree to follow. These guidelines encourage staff to prioritize donations that are sugar-free, low-sodium, and whole grain, providing examples such as granola bars, dried fruit, whole-grain fig newtons, and veggie chips, while also highlighting hazardous food products to avoid. CCYS’s goal is to prioritize the nutrition and health of those accessing the pantries, and these agreements outline which items are acceptable for the pantries, how often they need to be cleaned, and the importance of prioritizing nutritious donations. CCYS’ CFHL staff also incorporated nutrition messaging into the boxes to reinforce healthy eating habits and sustain the project’s impact.

Sustainability has been a key priority for CCYS from the start of this initiative. CFHL staff provide routine donation support to each pantry for the first three months of their operation. After this initial period, staff conduct a rollout check-in to assess the level of ongoing support needed and help connect sites to local food pantries as necessary. To further ensure community health, each site coordinator is encouraged to complete a food safety training course, sponsored by CCYS. This training aligns with the “Donation Item Guidelines” and helps site coordinators anticipate potential safety concerns. While this training is not mandatory before hosting a pantry, staff check on its completion during the three-month rollout review. Additionally, all partners have pledged to share highlights and testimonials from pantry users, which further strengthens community bonds and brings visibility to the project’s impact.

While this level of collaboration has been immensely fulfilling, it has also presented its own set of challenges, requiring extensive communication and persistence from all partners involved. The FLP project is a testament to the power of community-driven solutions. It serves as a model for how local partnerships can effectively address food insecurity and waste. CCYS is excited to see the growth and positive impact of this initiative in the months and years to come.

Making Moves Toward Holistic Health: CCLA's Comprehensive Programming at El Santo Nino

"We're gonna be able to open a tropical fruit store!" - comment from one of the teens participants

In the South Central community of El Santo Nino (ESN), a Catholic Charities of Los Angeles (CCLA) Center, finding stores that carry fresh, affordable produce has been difficult for years – liquor stores, fast food outlets and storage facilities dominate the neighborhood. The COVID-19 epidemic only exacerbated the difficulties, with the unemployment rate in LA County rising to 19.4% by June 2020. This reduced residents' income and purchasing power with prices that began to skyrocket as stores shuttered, supply chains were disrupted, and inflation set in. Against this backdrop, CCLA opted to open a food pantry at El Santo Nino, 'El Mercado', and partnered with CCLA's CFHL to implement the Nutrition Pantry Program. Community response was robust, and client surveys indicated fresh whole foods were the most highly valued commodities distributed. As time progressed, however, pandemic-related aid dwindled, including funding that had enabled ESN's 'Mercado' to purchase fresh produce for distribution to clients. As a result, fewer and fewer clients came to the bi-weekly distributions.

To address the challenges associated with accessing fresh produce, CCLA CFHL's urban agriculture team proposed the creation of a garden at the Center, to support the community in growing their own produce. The community responded positively and enthusiastically, attending a weekend sheet-mulching workshop to prepare the site for the installation of donated fruit trees and pollinator plants as well as fill raised beds with donated soil. Meanwhile, a group of El Mercado clients had enrolled in a series of nutrition classes offered at ESN and during one of the built-in exercise breaks that the included in every class, students indicated their interest in starting a walking club at the Center. The walking club began a few weeks later, and members participated every week, forming bonds and encouraging one another to reach goal after goal. Walking club members requested more classes and workshops be held at the Center, and CCLA CFHL educators responded with workshops on food waste reduction and gardening, all of which were met with overwhelmingly positive reviews! Participants in the walking club and classes began participating in the planting and care of the on-site garden, and taking seedlings to grow at home.

The community at ESN continues to take active steps - literally and figuratively! - to improve their health holistically by participating in classes, workshops, the walking club, and gardening. Initial harvests from the garden have been shared with members of the community, including El Mercado and walking club members. Teens who participate in an after-school program at ESN, called 'MyClub', also joined CCLA CFHL team members in working on the garden including weeding, applying compost and mulch, direct seeding and watering. Participants growing from provided seedlings at home bring photos to share of the shiny, healthy fruits and vegetables they've produced!

As the garden at ESN matures, harvests will increase; fruit trees and vines will begin producing, and succession plantings in the raised beds will ensure an ongoing and ever-changing variety of fresh seasonal produce. CCLA CFHL will continue to support the community with ongoing gardening workshops, covering topics such as fruit tree pruning, companion



planting, integrated pest management and more. Nutrition and cooking classes demonstrate healthy recipes prepared with ingredients from the garden and additional harvests are distributed to El Mercado clients and other program participants. CCLA continues to support the walking club with the provision of space to meet and by providing filtered drinking water access. CCLA CFHL looks to replicate this model of multi-layered interventions at other partner sites, and is currently working towards full implementation at other public housing and school sites where several layered strategies are already in place.

Local Implementing Agency	County	Site
NVCSS	Butte	Enterprise Elementary School

Cultivating Community through School Orchard Restoration in Shasta County

“I was so impressed with how engaged the kids were and that the college students made us a nice bowl of hot chili. I left the event feeling encouraged to see young children eagerly picking any remaining apples on the branches and loading the trimmings into the trailer. Some of the children brought home small branches with apple blossoms. I put some in a vase to remember all the good work we did. I look forward to helping prune the orchards every year.” – Janet S (UC Master Gardener of Shasta County)

The North Valley Catholic Social Service (NVCSS) CFHL garden program supports schools, group living and family resource centers to reinvigorate gardens, increase food production, develop garden teams and improve sustainability, and foster ways to distribute fresh produce to families. CFHL garden staff meet with the Enterprise Elementary School District’s (EESD) horticulture teacher weekly for input on crop choices, to schedule and deliver monthly lessons, and provide support to the district’s various growing infrastructure (e.g., gardens, greenhouses, hydroponics, and worm compost bins).



NVCSS and EESD staff surveyed tree health in the orchard on school grounds and determined the problems could be resolved through a community pruning day. NVCSS attends monthly master gardener meetings and invited members to form a school garden support team to support school garden projects and growing campaigns. Together NVCSS, EESD, and UC Master Gardeners identified tasks for volunteers to participate in a one-day pruning event. In February of 2024, NVCSS used Snap-Ed funds to purchase pruning tools for annual pruning. A local arborist would teach a one-hour training for all volunteers before they started working. The event was advertised through both schools’ Parent Teacher Organization Facebook pages, flyers, and posted at a local nursery.

The result of the partnered pruning day with teachers, master gardeners, College Corps volunteers, CFHL staff, community members, and a local arborist is multi-faceted. The event increased fruit production at the two orchards. It contributed positively to the children’s playground making the space safe and more inviting, and it fostered community interaction and relationships. It also increased awareness of the orchard.

Over a dozen volunteers and three College Corp fellows were given an hour of instruction at each site by a local arborist with the National Fruit Tree Association. The volunteers worked alongside 13 UC Master Gardeners of Shasta County to remove suckers, water sprouts, dead, diseased and crossing branches on 43 fruit trees (e.g., Golden Delicious apple, Granny Smith apple, crab apple, apricot, peach, fig, pomegranate, cherry, plum, pluot, Asian pear, nectarine, etc.). Attendees learned about tool safety, how to select the proper tool, where to properly make the cuts, and how to clean/disinfect the tools in between trees. Students picked up branch trimmings and helped spread wood chips around the trees. SNAP-Ed funding was used to purchase supplies for NVCSS CFHL and College Corp fellows to provide a food demonstration on how to cook a three-bean chili and distribute the CFHL-approved recipe. At the end of the morning pruning, volunteers of different generations and affiliations connected with lively discussions over a hot meal.



The newly-budded partnership between the EESD, NVCSS CFHL, UC Master Gardeners of Shasta County, and College Corp fellows continued to grow over the following months and it was decided to hold the pruning event annually in late Winter. The partnering groups planned future garden and orchard work days with student-families, as follows: Mid-May Thinning Fruit event, End of May Mulching/Closing up School Gardens, and Monthly Harvest Days during the summer to help student families pick fresh fruit. The EESD Horticulture teacher will advertise summer harvest days through the Parent Teach Organization Facebook pages and phone messaging administered by both Lassen View and Shasta Meadows elementary schools. The pruning event will continue annually in late Winter. Five UC Master Gardeners also committed to support teachers with the worm composting program as part of their food waste diversion program and adopt worm bins that need care over the summer.



CATHOLIC CHARITIES OF CALIFORNIA
PRESENTS

2024 Agency Reports

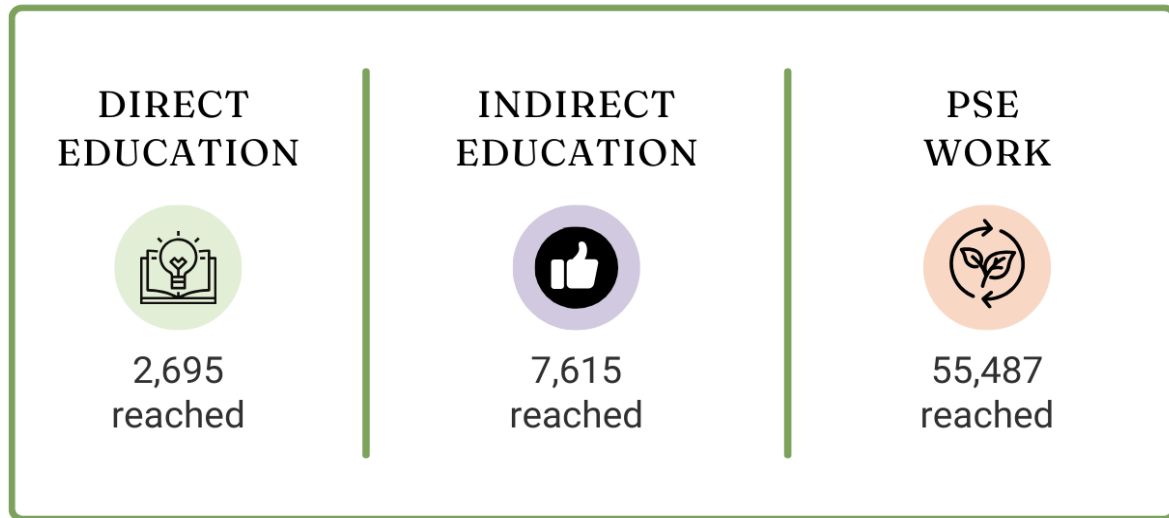
CALFRESH HEALTHY LIVING PROGRAM



CATHOLIC CHARITIES DIOCESE OF FRESNO



CFHL Evaluation Report



Catholic Charities of Fresno (CCFR) conducted a nutrition education series for adults of all ages using the *Food Smarts for Adults, Eat Smart Live Strong, Eat Healthy Be Active* Community Workshops, and Nutrition 5 curricula. Each curriculum contained key learning objectives, icebreaker activities, stretch breaks, hands-on learning, a healthy recipe tasting, and take-home materials.

CCFR demonstrated best practices in the delivery of its educational activities. Class materials and topics were behaviorally focused, offered in multiple languages, and culturally relevant. At the end of each session, attendees had the opportunity to participate in a raffle to win prizes, such as kitchen tools that reinforced the lessons.

CCFR also provided indirect education in English and Spanish through simple and budget-friendly healthy food recipes, nutrition tips of the week, and low-impact 5-minute physical activity examples posted on the agency's CFHL Facebook page. Their healthy messaging on Facebook provided informative reminders about the health benefits of certain foods, such as whole grains, and the hidden unhealthy additives to foods with added sugar.

Healthy messaging materials and recipes were also distributed at community events, food distributions and posted to social media, reaching 7,615 individuals. CCFR's nutrition education work complements its PSE efforts to provide access to healthy food for Fresno County's food-insecure residents.

Evaluation Results – Adult Series Intervention

CC Fresno collected 66 adult surveys using the *Food Behavior Checklist* collected in class using pen-to-paper. Seventy-one percent of the participants completed the paper Spanish version of the FBC.

As seen in *Table 20*, across the 16 MT1 healthy eating and drinking survey questions, three showed statistically significant ($p < .05$) changes. There was an increase in participants eating a wider variety of fruits and vegetables, as well as consuming more cups of vegetables overall. Specifically, participants reported eating approximately one-quarter cup more fruits and vegetables per day compared to before attending the nutrition education class.

Among the five MT2 food resource management/smart shopping questions, two showed statistically significant changes. Participants increased their use of the nutrition food label and bought more foods with lower added sugar.

All three of the MT3 PA questions showed statistically significant increases. There was a slightly more than half-day increase in the number of days of exercising for at least 30 minutes and doing muscle strengthening exercises. In addition, the number of respondents who often, usually, or always made small changes to be active significantly increased from about one-third to three-fifths of respondents.

The Indicators of Success on the next page summarizes data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the CC Fresno CFHL adult participants. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

TABLE 20 OUTCOME DATA ANALYSIS RESULTS FOR CC FRESNO (N = 66)

Survey Question Topic	p-Value	Type of statistically significant change
MT1 Healthy Eating		
1. Eat F&Vs as snacks	.615	None
2. Drink sports drinks	.684	None
3. Citrus fruit or juice	.159	None
4. Drink regular soda	.880	None
5. Milk with cereal	.597	None
6. Cups of fruit	.088	None
7. Cups of vegetables	.005	Increase
8. Different fruit	.005	Increase
9. Different vegetables	.001	Increase
10. Drink Milk	.597	None
11. Take skin off chicken	.471	None
12. Eat Fish	1.000	None
13. Eat >2 vegetables	.081	None
14. Eat whole grains	.114	None
15. Drink low/fat-free milk	.034	None
16. Cups of water	.086	None
MT2 Food Resource Management		
1. Use Nutrition label	<.001	Increase
2. Run out of food	.370	None
3. List before shopping	.363	None
4. Buy low-sodium food	.101	None
5. Buy low-sugar food	.066	Increase
MT3 Physical Activity		
1. >30 min exercise	.014	Increase
2. Strengthen muscles	.035	Increase
3. Make small changes	<.001	Increase

Indicators of Success

Catholic Charities Diocese of Fresno

66 FBC SURVEYS COLLECTED

ETHNICITY



79% Hispanic/Latine
12% Non-Hispanic/Latine
9% Preferred no response

LANGUAGE



29% English
71% Spanish

AGE



43% 18 - 59
57% 60 - 75

GENDER



60% Female
40% Male

RACE

(CAN HAVE MULTIPLE SELECTIONS)

2% Native American
6% Black
62% White
30% Preferred no response

KEY INDIVIDUAL IMPACTS

*STATISTICALLY SIGNIFICANT RESULTS

Fruits & Vegetables

1-week recall



83% ate at 1+ cup of veggies each day*



72% ate 1+ cup of fruit each day



43% eat fruit and veggies as snacks often or every day

Drink Choices

1-week recall



82% drink 4+ cups of water each day



94% do not or only sometimes drink sodas



86% do not or only sometimes drink sports drinks or punch

Smart Shopping

1-week recall



46% use nutrition facts label while shopping*



29% make a list of ingredients before grocery shopping



29% buy foods with lower sugar or no sugar added, always or often*

Physical Activity

1-week recall



85% exercise 30+ minutes, 3+ days per week*



73% do muscle strengthening exercises 2+ days per week*



59% make small changes to be active often or always*

Policy, Systems, and Environmental Changes

Healthy Food Pantry

CCFR reviewed their nutritional standards and policies in FFY 24 to provide continued healthy food options for their clients, using the Nutrition Pantry Program (NPP) guidelines developed by Leah's Pantry. The NPP addresses a food pantry distribution's policy, systems, and environment (PSE) to make it more client-centered. CCFR was awarded NPP Gold Certification in 2019. During FFY 24, CCFR's new educators attended the NPP training for implementers, designed to educate food pantry staff and volunteers on implementing a client-centered and culturally relevant food distribution. In FFY 25, they plan to complete the recertification process.

The agency's vending machine policy adheres to CCFR's nutrition standards by offering healthy beverage options, such as sugar-free iced tea, zero Powerade, and juices with no added sugar and water. Additionally, in FFY 24, the CFHL team partnered with another CCFR program, the Senior Companion Program, to provide nutrition education for staff and volunteers. In FFY 25, CCFR plans to work with the Senior Companion Program to develop nutrition standards and physical activity policy to support the program and ensure that clients receive healthy food and information on low-impact physical activity. Companion program staff will have the opportunity to attend the *EatFresh.org* online mini-training to provide them with the knowledge they need to comply with the nutrition standards policy.

Community Gardens

At Nuestra Casa, a behavioral health treatment facility, CCFR implemented a direct education series integrated with gardening initiatives. In August 2024, they supplied seeds and transplants of red and green tomatoes, broccoli, cucumbers, radishes, lettuce, spinach, beans, and cantaloupe. In addition to using individual garden pots for gardening activities, participants were linked to a community garden in the area for gardening support. At Silvercrest Apartments, a low-income retirement residence, CFHL's *Nutrition to Grow On* classes were successful. Crops grown in container pots thrived, with residents sharing crops and gardening tips. This success sets the stage for introducing the *Fresh from the Garden* curriculum in FFY 25. These nutrition and gardening initiatives have fostered greater food security, healthier eating habits, and community collaboration, setting the groundwork for continued growth in the next fiscal year.

The CFHL program achieved notable progress in school-based nutrition education, gardening programs, and community engagement in FFY 2024. At the Garden and Community Academy, CCFR partnered with school coordinators to incorporate the *Nutrition to Grow On* curriculum into their after-school program for 1st-6th graders. Students engaged in hands-on gardening activities such as growing plant starters from seeds, preparing transplants, planting a variety of vegetables, and pulling weeds.



CCFR began collaborating with St. Helen's Catholic School in September 2023. At St. Helen's School, CCFR implemented the *Nutrition to Grow On* curriculum for 4th-6th graders by restoring the school's six garden beds. Students participated in



hands-on gardening tasks, such as planting seeds, weeding, fertilizing, learning about composting, and harvesting broccoli. Students enjoyed a pasta salad bar in February 2024 to celebrate the harvest. During the summer programming, students focused on building healthy habits and preparing nutritious snacks such as yogurt parfaits, juice, popsicles, and fruit pizza. The students were encouraged to share the recipes with their families and recreate them at home. By September 2024, a parent volunteer helped clear the garden beds, and a drip irrigation system for each garden bed was set to be installed.

Access to Physical Activity Opportunities

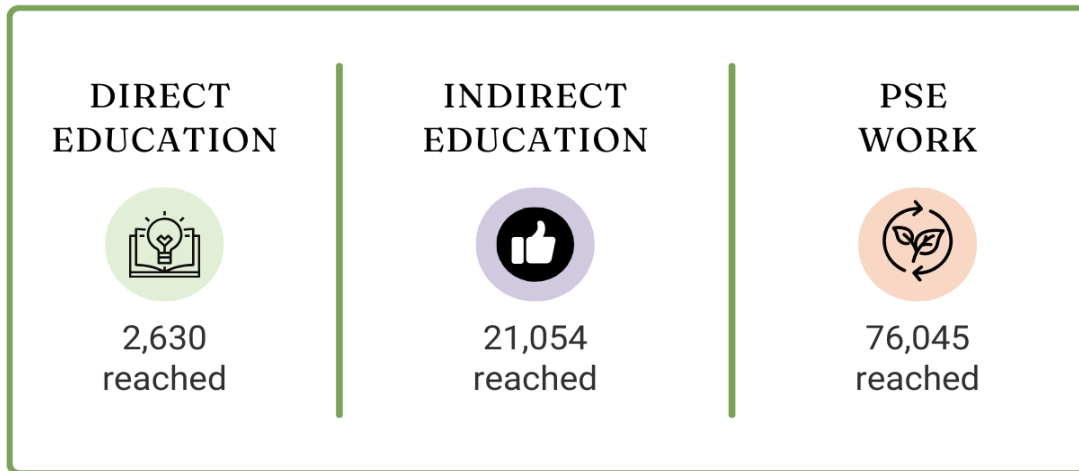
In June 2024, the CCFR CFHL team began programming for adults at the Franciscan Mobile Home Park. They started with direct and indirect education and discussed plans for upcoming PSE activities. The first nutrition class was held on July 16th following a successful outreach. In August, the team began planning a PSE physical activity opportunity by surveying residents for their preferences regarding timing and activities. The survey results led to the organization of a Zumba class, with a community champion agreeing to lead the sessions. The site manager and the Zumba instructor coordinated the schedule of the new courses to begin twice monthly in November 2024.

From October 2023 to September 2024, the PSE efforts at Oak Grove Commons included weekly 30-minute to 1-hour exercise classes led by the site's program coordinator and a community leader. In August 2024, due to low participation, the exercise classes paused, and the focus shifted to garden-based education classes using the *Nutrition to Grow On* curriculum. Participants, including residents and community members, now grow plants in individual pots as part of this new effort.

CATHOLIC CHARITIES OF LOS ANGELES



CFHL Evaluation Report



In FFY 24, CCLA used three curricula, *Food Smarts for Adults*, *EatFresh.org Mini-Course*, and *Eat Healthy Be Active*, to conduct a series of multiple nutrition education classes for adult participants. Each curriculum focused on key topics, including MyPlate's five food groups, shopping on a budget, consuming more fruits and vegetables, decreasing sodium and sugar consumption, and staying healthy through physical activity. CCLA implemented best practices in their educational delivery, including icebreaker activities, stretch breaks, hands-on learning, food demos and tastings, and take-home materials that included the recipe prepared that day.

Additionally, the agency used *Food Smarts Waste Reduction*, a three-session curriculum created to complement *Food Smarts for Adults*. The waste reduction classes focused on healthy cooking while reducing food waste. CCLA also provided a garden-based nutrition education series for youth at six schools. The education was provided to 3rd – 8th graders using the *Nutrition to Grow On* curriculum.

CCLA continued to deliver single sessions for adults in Los Angeles and Santa Barbara Counties, where participants learned about resource management, shopping on a budget, decreasing sodium consumption, and staying physically active.

CCLA also reached over 20,000 participants through indirect education. This fiscal year, the agency continued to use Instagram to share educational posts on healthy lifestyles in English and Spanish. The social media page also shares flyers with fun nutrition or gardening facts, inviting people to classes and join their walking clubs.

Evaluation Results – Adult Series Intervention

CC Los Angeles collected 166 adult surveys using the *Food Behavior Checklist*. Surveys were collected in the greater Los Angeles Region. Eighty-eight percent of the participants completed the paper Spanish version of the FBC.

As seen in *Table 21*, across the 16 MT1 healthy eating and drinking survey questions, 15 showed statistically significant ($p < .05$) changes. There was an increase in eating fruits and vegetables, grains, lean meats such as fish and chicken, and drinking water. Indeed, participants indicated they ate approximately one-half cup of fruit and vegetables more than before the nutrition education class. There was also a significant decrease in the consumption of sugary beverages, an increase in milk consumption with cereal, and in the consumption of low, fat-free, and soy milk. However, there was no significant increase in drinking milk.

Among the five MT2 food resource management/smart shopping questions, all five showed statistically significant changes.

All three of the MT3 PA questions showed statistically significant increases. There was a nearly one-day increase in the number of days of exercising for at least 30 minutes and a half-day increase in muscle strengthening exercises and making small changes to be active.

The Indicators of Success on the next page summarizes data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the CC Los Angeles CFHL adult participants. The data points are consistent with medium-term MT1, MT2, and MT3

indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

TABLE 21 OUTCOME DATA ANALYSIS FOR CC LOS ANGELES (N = 166)

Survey Question Topic	p-Value	Type of statistically significant change
MT1 Healthy Eating		
1. Eat F&Vs as snacks	<.001	Increase
2. Drink sports drinks	<.001	Decrease
3. Citrus fruit or juice	<.006	Increase
4. Drink regular soda	<.001	Decrease
5. Milk with cereal	<.010	Increase
6. Cups of fruit	<.001	Increase
7. Cups of vegetables	<.001	Increase
8. Different fruit	<.001	Increase
9. Different vegetables	<.001	Increase
10. Drink Milk	.444	None
11. Take skin off chicken	<.001	Increase
12. Eat Fish	<.006	Increase
13. Eat >2 vegetables	<.001	Increase
14. Eat whole grains	<.001	Increase
15. Drink low/fat-free milk	<.001	Increase
16. Cups of water	<.001	Increase
MT2 Food Resource Management		
1. Use Nutrition label	<.001	Increase
2. Run out of food	<.001	Decrease
3. List before shopping	<.001	Increase
4. Buy low-sodium food	<.001	Increase
5. Buy low-sugar food	<.001	Increase
MT 3 Physical Activity		
1. >30 min exercise	<.001	Increase
2. Strengthen muscles	<.001	Increase
3. Make small changes	<.001	Increase

Indicators of Success

Catholic Charities Diocese of Los Angeles

166 FBC SURVEYS COLLECTED

ETHNICITY



90% Hispanic/Latine
8% Non-Hispanic/Latine
2% Preferred no response

LANGUAGE



12% English
88% Spanish

AGE



64% 18 - 59
31% 60 - 75
5% 76+

GENDER



81% Female
16% Male
3% Non-Binary

RACE

(CAN HAVE MULTIPLE SELECTIONS)



2% Native American
1% Asian
2% Black
75% White
20% Preferred no response

KEY INDIVIDUAL IMPACTS

*STATISTICALLY SIGNIFICANT RESULTS

Fruits & Vegetables

1-week recall



95% ate at 1+ cup of veggies each day*



93% ate 1+ cup of fruit each day*



71% eat fruit and veggies as snacks often or every day*

Drink Choices

1-week recall



85% drink 4+ cups of water each day*



98% do not or only sometimes drink sodas*



89% do not or only sometimes drink sports drinks or punch*

Smart Shopping

1-week recall



62% use nutrition facts label while shopping*



63% make a list of ingredients before grocery shopping*



54% buy foods with lower sugar or no sugar added, always or often*

Physical Activity

1-week recall



68% exercise 30+ minutes, 3+ days per week*



54% do muscle strengthening exercises 2+ days per week*



47% make small changes to be active often or always*

Policy, Systems, and Environmental Changes

Access to Healthy Food: Healthy Procurement

In FFY 24, CCLA and their partner sites continued to adhere to the agency's nutritional standards that provide the community with access to healthy food, including fresh fruits and vegetables, nonperishable foods, and canned goods low in added sugars and sodium.

Three of the agency's family resource centers, St. Margaret's Center, Brownson House, and San Juan Diego Center, continued to partner with the Los Angeles Regional Food Bank, the Food Bank's Extra Helpings program, donations from local grocery stores, and contributions from donors to fill the community's growing need for healthy foods. Each site saw the number of families seeking assistance increase due to the impact of the high cost of food.

This year, CCLA served nearly 50,000 individuals and families in need who accessed their three food pantries. Between October 2023 and September 2024, the sites distributed 74,868 pounds of produce to pantry clients seeking emergency food assistance.

CCLA also partnered with two community food pantries, the El Santo Nino Community Center, and the Claret Hispanic Community Center. The sites experienced supply challenges due to the limited availability of donated healthy foods. These agencies are actively working on partnering with organizations that redistribute food to supply the pantries with food for low-income families. Claret Center distributed 400 bags of produce in FFY 24.

Access to Healthy Food: Food Waste Reduction Recovery and Redistribution

CCLA worked to reduce food waste from CCLA's centers and partner organizations in FFY 24 by recovering and redistributing food. At St. Margaret's Center, food waste (food past the point of safe consumption) is both composted on-site and also separated into a container that is picked up by the site's waste management company and taken to an off-site composting location where large volumes of compost are created and returned to the community for their use through free pickups. Thousands of pounds of excess food were diverted from the landfill through composting this fiscal year.

CCLA also collaborated with the South Bay Workforce Investment Board YouthBuild, a pre-apprenticeship program for at-risk youth ages 15-24. The program provides students with free or reduced-price school breakfast and lunch during the academic year. CCLA worked with the program to recover the excess food, including milk, sandwiches, snacks, and fruits and vegetables. From October 2023 to June 2024, 2,330 lbs. of food was recovered from the apprentice program and redistributed to the St. Margaret's Center food pantry.



Community Gardens and School-Based Gardens

In FFY 24, CCLA provided guidance and support to start, reinvigorate, or maintain five community and school gardens. Plans are in place for FFY 25 to add composting bins to the garden locations.

The CFHL staff maintained a vibrant produce garden at St. Margaret's Center. This year, the garden's grape vines and pomegranate tree were revitalized. Among the produce grown were lettuce, cilantro, carrots, tomatoes, artichokes, broccoli, and sunflowers. Herbs were also grown and harvested. The fresh, gleaned produce was used during the CCLA nutrition classes for food demonstrations and tastings and donated to the site's food pantry.



This year, CCLA revitalized the garden at El Santo Nino. Four raised beds were constructed and added to the two existing planter beds. Community members chose which produce to plant in the garden and assisted with the harvest. This site also has 11 fruit trees, including pomegranate, mango, apple, guava, and lemon.

Since the garden project was started at St. Frances Catholic School in FFY 22, students have been involved. This year, students helped prepare the beds for planting, watered the garden, and gleaned produce. The harvest included radishes, peppers, tomatoes, kale, and beets. Additionally, Calendula flowers were planted to attract pollinators. To celebrate the harvest, students assisted with preparing a salad with produce from the garden topped with a healthy dressing.

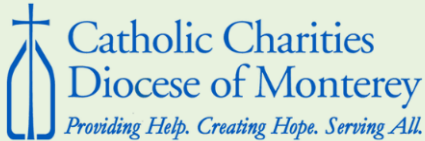
This year, the students at St. Columbkille and St. Ignatius of Loyola Catholic Schools were also involved in preparing, planting, gleaning, watering, and cleaning the gardens at their schools. At St. Ignatius, students helped transplant strawberries and spring onions and planted tomatoes, jalapenos, and basil plants. Colorful sunflowers were also harvested, and students were able to take them home. Additionally, a compost bin was set up this fiscal year.

Access to Physical Activity Opportunities

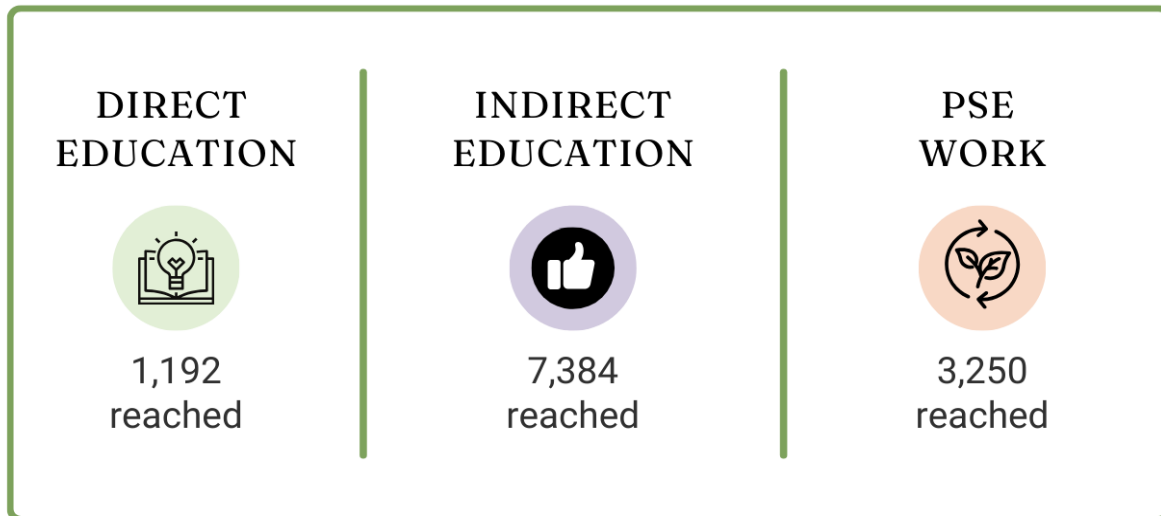
In FFY 24, CCLA continued with walking clubs at six different locations. These include Brownson House, San Juan Diego, Lennox Park, El Santo Nino, South Bay Co-op Apartments, and Banning Villa. Many of the walking clubs grew from participants' enthusiasm after attending a nutrition education series. Participants wanted to build on what they learned in the classes about the health benefits of physical activity and continue socializing with their neighbors.

Groups are motivated and look forward to getting together. Participants of one club play music during their walk as they talk and catch up. Some groups walk weekly while others walk biweekly, and one accommodates individuals with mobility or transportation challenges by offering members a virtual walking option. The walking clubs include English and Spanish speakers aged 25 to 80 who walk for an hour to 1 ½ hours each session. The educators provide prizes raffled off at the end of the month to add excitement and encouragement. Over 1,000 participants attended the six walking clubs in FFY 24. In addition, CCLA conducted lively weekly one-hour Zumba classes at its Brownson House Community Center. The popular classes engaged 40-50 participants each week.

CATHOLIC CHARITIES DIOCESE OF MONTEREY



CFHL Evaluation Report



In FFY 24, Catholic Charities of Monterey (CCMO) used the *Food Smarts for Adults* nutrition education curriculum to deliver impactful curriculum to deliver impactful single session lessons and multi-class series. Each *Food Smarts* lesson includes 1 – 3 key messages. Sessions addressed various topics, including the five food groups, which comprise *MyPlate*, *ReThink Your Drink*, food label reading, shopping on a budget, and chronic disease prevention through physical activity. A healthy recipe demonstration, tasting, and recipe distribution were included in each class. Culturally relevant materials in multiple languages were distributed to participants that corresponded with each lesson. For example, for one lesson, attendees were given a packet of supplemental materials that included shopping tips, a grocery list, and information on how to create a meal plan. Lessons were intended to be interactive and participatory.

CCMO reached a new demographic population with single nutrition education and cooking classes in FFY 24. They partnered with a local organization serving the unhoused. CCMO educators modified each session to include materials for participants with limited resources who did not have access to a kitchen. After the first session, many individuals expressed their gratitude to the educators, and after the class, participants shared new habits they learned from the program.

CCMO complemented their direct education with indirect education and activities. In FFY 24, CCMO distributed flyers, pamphlets, activity books, and recipe cards during community events. At events such as the Halloween Carnival Resource Fair for Special Needs Families, CCMO distributed beach balls, stress balls, and water bottles. Healthy messaging materials serve as a reminder to the public to eat more fruits and vegetables and participate in increased physical activity. Their indirect education efforts reached 7,384 individuals during the fiscal year.

Evaluation Results – Adult Series Intervention

CC Monterey collected 39 adult surveys using the *Food Behavior Checklist*. Surveys were collected in the Monterey County city of Greenfield and the city of Santa Cruz in Santa Cruz County. Fifty-one percent of the participants completed the Spanish version of the FBC.

As seen in *Table 22*, across the 16 MT1 healthy eating and drinking survey questions, 13 showed statistically significant ($p < .05$) changes. The participants showed statistically significant increases in eating fruits and vegetables, grains, and chicken without skin. Indeed, participants indicated they ate about one cup of fruit and vegetables more than before the nutrition education class. There was also a significant decrease in the consumption of sugary beverages such as sodas and sports drinks.

All five MT2 food resource management/smart shopping questions showed statistically significant changes, including not running out of food before the end of the month.

All three of the MT3 PA questions showed statistically significant increases. There was a nearly 1.5-day increase in the number of days of exercising for at least 30 minutes and a 1.0-day increase in muscle strengthening exercises.

The Indicators of Success on the next page summarizes data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the CC Monterey CFHL adult participants. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

TABLE 22 OUTCOME DATA ANALYSIS RESULTS FOR CC MONTEREY (N = 39)

Survey Question Topic	p-Value	Type of statistically significant change
MT1 Healthy Eating		
1. Eat F&Vs as snacks	<.001	Increase
2. Drink sports drinks	.005	Increase
3. Citrus fruit or juice	.661	None
4. Drink regular soda	<.001	Decrease
5. Milk with cereal	.183	None
6. Cups of fruit	<.001	Increase
7. Cups of vegetables	<.001	Increase
8. Different fruit	<.001	Increase
9. Different vegetables	<.001	Increase
10. Drink Milk	<.001	Increase
11. Take skin off chicken	<.001	Increase
12. Eat Fish	.183	None
13. Eat >2 vegetables	<.001	Increase
14. Eat whole grains	<.001	Increase
15. Drink low/fat-free milk	<.001	Increase
16. Cups of water	<.001	Increase
MT2 Food Resource Management		
1. Use Nutrition label	<.001	Increase
2. Run out of food	.048	Increase
3. List before shopping	<.001	Increase
4. Buy low-sodium food	<.001	Increase
5. Buy low-sugar food	<.001	Increase
MT 3 Physical Activity		
1. >30 min exercise	<.001	Increase
2. Strengthen muscles	<.001	Increase
3. Make small changes	<.001	Increase

Indicators of Success

Catholic Charities Diocese of Monterey

39 FBC SURVEYS COLLECTED

ETHNICITY



39% Hispanic/Latine
61% Non-Hispanic/Latine

LANGUAGE



49% English
51% Spanish

AGE



87% 18 - 59
13% 60 - 75

GENDER



95% Female
5% Male

RACE (CAN HAVE MULTIPLE SELECTIONS)



3% Asian
3% Black
95% White

KEY INDIVIDUAL IMPACTS

*STATISTICALLY SIGNIFICANT RESULTS

Fruits & Vegetables 1-week recall



95% ate at 1+ cup of veggies each day*



100% ate 1+ cup of fruit each day*



82% eat fruit and veggies as snacks often or every day*

Drink Choices 1-week recall



92% drink 4+ cups of water each day*



97% do not or only sometimes drink sodas*



95% do not or only sometimes drink sports drinks or punch*

Smart Shopping 1-week recall



80% use nutrition facts label while shopping*



64% make a list of ingredients before grocery shopping*



77% buy foods with lower sugar or no sugar added, always or often*

Physical Activity 1-week recall



80% exercise 30+ minutes, 3+ days per week*



72% do muscle strengthening exercises 2+ days per week*



31% make small changes to be active often or always*

Policy, Systems, and Environmental Changes

Community Gardens

CCMO provides ongoing support for seven community gardens at low-income housing sites and local schools. The CFHL team assists with purchasing materials such as garden soil, seedlings, and tools, and Master Gardeners provide ongoing support for garden work. Partnerships with the housing residential coordinators and school teachers help maintain the gardens. Garden-based education enhances education in a fun atmosphere.

CCMO purchased Hydroponic Garden Systems in FFY 23. Hydroponic gardens can increase access and availability of fresh fruits and vegetables through vertical gardens that use water rather than soil to grow food in a small space. They began by collaborating with low-income residential housing locations that were interested in learning how to grow large amounts of food in a confined space. The first system was placed at the Camphora Apartments housing site in 2024. It grew an abundance of different types of lettuce. Three middle school youth maintain the hydroponic system with training and support from CCMO. The produce harvested from the system is used during nutrition education classes for recipe preparation and demonstration.

CCMO's second hydroponic garden system was placed at the agency's office in Monterey. The system grows food for other sites by growing starters for the program's six in-ground garden sites. Schools and apartments appreciate the veggie plant starters.



Also, in FFY 24, the Santa Cruz school district voiced interest in purchasing 5 hydroponic systems. A partnership with LifeLab, an organization that provides garden-based education, was formed to establish and maintain the system. Students will also have the opportunity to learn how to maintain the system. The students and their families can glean future hydroponic harvests and share them with the cafeterias.

Access to Physical Activity Opportunities

CCMO assisted low-income housing sites in creating healthier communities for families by providing no-cost access to physical activity. In FFY 24, community volunteers taught one-hour weekly Zumba sessions for adults at two low-income residential locations. At another site, CCMO works with a local yoga club/company that offers Zumba and other forms of physical activity. The lively Zumba classes are popular, with an average attendance of 12 to 15.

Walking routes with physical activity stations are a mainstay of CCMO's community physical activity effort to reach families of all ages in low-income residential housing. At Camphora Apartments, they installed durable motivational signage in FFY 24 that provides information on the health benefits of walking. The walking path is open for adults and youth attending the afterschool program.



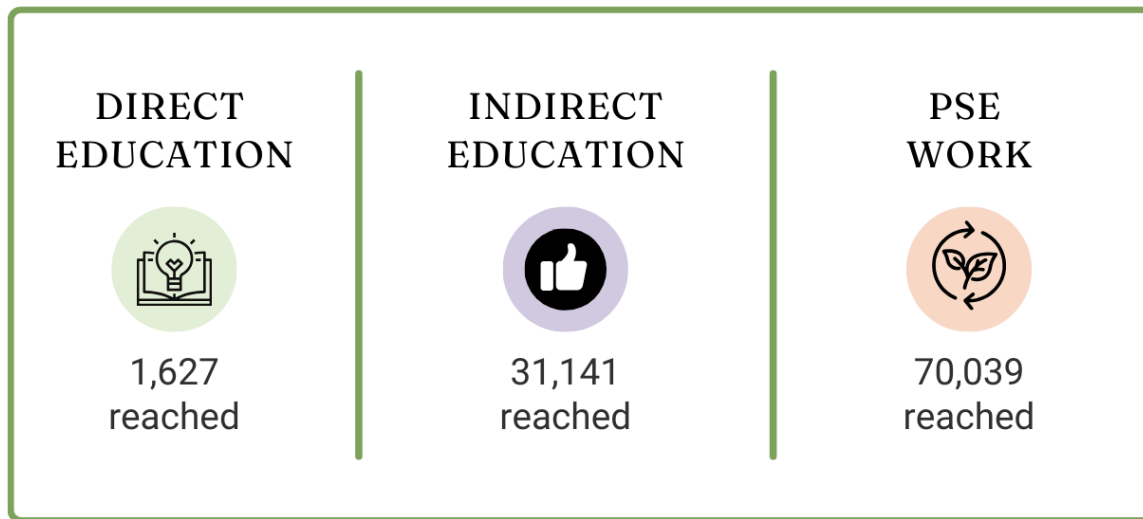
Bingocize combines bingo, low-impact exercise, and health education to improve older adults' physical, social, and mental health. CCMO continued collaborating with three housing sites to offer this fun and engaging physical activity to residents in FFY 24. CCMO provides support and physical activity equipment such as resistance bands or weights.

CCMO provided access to physical activity for school-age youth beginning in FFY 23. The CATCH program was introduced to students participating in the after-school activities at one residential site. In FY 24, CCMO focused on training the on-site coordinator to lead these CATCH activities. Ongoing support is provided monthly at this site now that the coordinator maintains the program.

CATHOLIC CHARITIES OF ORANGE COUNTY



CFHL Evaluation Report



In FFY 24, Catholic Charities of Orange County (CCOC) continued to deliver engaging nutrition education classes focusing on nutrition, resource management, and physical activity. The Food Smarts for Adults, Nutrition 5 Series, and Food Smarts Waste Reduction curricula were used to conduct series session classes and single sessions to reach low-income adults. Food Smarts for Adults is a learner-centered nutrition education series that empowers people to make healthy food choices and increase physical activity. Teaching similar healthy eating and physical activity principles, the Nutrition 5 Series curriculum topics teach participants how to build a healthy plate, plan meals, shop on a budget, and encourage sweetened beverage reduction. Lastly, in FFY 24, the agency started using the Food Smarts Waste Reduction series curriculum, which helps build cooking and nutrition skills while helping reduce household food waste.

Every one-hour nutrition education session was followed by either 30 minutes of structured physical activity or a food demonstration and tasting. Some food demos included teaching participants how to increase their vegetable consumption and decrease their sodium consumption by teaching them to prepare healthy salads and dressings.

The agency also provided indirect education during food distributions at food pantries and community centers. Healthy messaging materials, including flyers promoting nutrition classes and nutritious recipes from *EatFresh.org*, were also distributed.

Evaluation Results – Adult Series Intervention

CC Orange County collected 25 adult surveys using the *Food Behavior Checklist*. All of the surveys were collected in class using pen-to-paper. Ninety-six percent of the participants completed the paper Spanish version of the FBC.

As seen in *Table 23*, across the 16 MT1 healthy eating and drinking survey questions 2 showed statistically significant ($p < .05$) changes. There was an increase in participants consuming different types of vegetables and eating more cups of vegetables overall. Specifically, participants reported eating approximately one-quarter cup more vegetables per day compared to before attending the nutrition education classes.

Among the five MT2 food resource management/smart shopping questions, only one showed a statistically significant change. Participants were buying more foods with lower sodium content.

None of the three MT3 PA questions showed statistically significant increases. However, it is encouraging that 84% of respondents reported exercising for at least 30 minutes the recommended three or more days a week.

The Indicators of Success on the next page summarizes data points that highlight statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the CC Orange County CFHL adult participants. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

TABLE 23 OUTCOME DATA ANALYSIS RESULTS FOR CC ORANGE COUNTY (N = 25)

Survey Question Topic	p-Value	Type of statistically significant change
MT1 Healthy Eating		
1. Eat F&Vs as snacks	.491	None
2. Drink sports drinks	.543	None
3. Citrus fruit or juice	.185	None
4. Drink regular soda	.185	None
5. Milk with cereal	.083	None
6. Cups of fruit	.317	None
7. Cups of vegetables	.015	Increase
8. Different fruit	.247	None
9. Different vegetables	.004	Increase
10. Drink Milk	.747	None
11. Take skin off chicken	.212	None
12. Eat Fish	.265	None
13. Eat >2 vegetables	.090	None
14. Eat whole grains	.148	None
15. Drink low/fat-free milk	.162	None
16. Cups of water	.538	None
MT2 Food Resource Management		
1. Use Nutrition label	.057	None
2. Run out of food	1.000	None
3. List before shopping	.307	None
4. Buy low-sodium food	.038	Increase
5. Buy low-sugar food	.627	None
MT3 Physical Activity		
1. >30 min exercise	.475	None
2. Strengthen muscles	.125	None
3. Make small changes	.245	None

Indicators of Success

Catholic Charities Diocese of Orange County

25 FBC SURVEYS COLLECTED

ETHNICITY



92% Hispanic/Latine
8% Non-Hispanic/Latine

LANGUAGE



4% English
96% Spanish

AGE



68% 18 - 59
24% 60 - 75
8% 76+

GENDER



88% Female
8% Male
4% Preferred no response

RACE

(CAN HAVE MULTIPLE SELECTIONS)



4% Black
4% Native American
44% White
48% Preferred no response

KEY INDIVIDUAL IMPACTS

*STATISTICALLY SIGNIFICANT RESULTS

Fruits & Vegetables 1-week recall



88% ate at 1+ cup of veggies each day*



92% ate 1+ cup of fruit each day



76% eat fruit and veggies as snacks often or every day

Drink Choices 1-week recall



72% drink 4+ cups of water each day



96% do not or only sometimes drink sodas



88% do not or only sometimes drink sports drinks or punch

Smart Shopping 1-week recall



64% use nutrition facts label while shopping



48% make a list of ingredients before grocery shopping



56% buy foods with lower sugar or no sugar added, always or often

Physical Activity 1-week recall



84% exercise 30+ minutes, 3+ days per week



68% do muscle strengthening exercises 2+ days per week



62% make small changes to be active often or always

Evaluation Results – Adult Single Session Intervention

A total of 1,010 *Intent to Change* (ITC) surveys were collected in FFY 24 by CC Orange County across 7 single-session nutrition education topics and one food waste reduction topic. All surveys were collected on paper and all of the surveys were gathered in a classroom setting via pen-to-paper. Ninety percent of the surveys were collected with the Spanish version of the ITCs and 10% were in English.

As shown in *Table 24* Table 24. Intent to Change Behavior related to increasing the consumption of healthy foods and beverages, the percentage of those not practicing healthy behaviors ranged from 11% who did not eat fruit at least 2 times a day to 23% not eating from the five food groups each day. Eating more fruit (100%), eating from the five food groups (94%), and eating more whole grains every day (89%) all had high levels of intent to change. Overall, across the three healthy eating behaviors, 93% of the 44 respondents who were not doing a healthy behavior the previous week intend to do it more often in the coming week.

Table 24. Intent to Change Behavior related to increasing the consumption of healthy foods and beverages

During the past week, did you...	Total (n)	% not practicing the healthy behavior	# not practicing the healthy behavior	% and # Not practicing the healthy behavior but intends to practice "More Often"
Eat fruit at least 2 times a day?	36	11%	4	100% (4)
Eat foods from all 5 food groups each day?	135	23%	31	94% (29)
Eat whole grain products every day?	44	21%	9	89% (8)
Combined: During the past week did you eat healthy foods?	215	20%	44	93% (41)

As shown in *Table 25*, about two out of five (44%) respondents indicated they ate fast food in the last week and among those respondents about three-quarters (78%) intend to eat less fast-food next week.

Table 25. Intent to Change Behaviors Related to Reducing the Consumption of Unhealthy Food or Beverages

During the past week, did you...	Total (n)	% practicing the unhealthy behavior	# practicing unhealthy behavior	% and # practicing the unhealthy behavior but intends to do the unhealthy behavior "Less Often"
Eat fast food?	81	44%	36	78% (28)

As shown in *Table 26*, 38% of respondents did not use the nutrition facts labels when they shopped for groceries last week, and a little more than one-quarter (29%) did not compare unit prices. However, most (87%) will use the nutrition facts label to choose food, and more than three-quarters (79%) intend to compare unit prices the next time they go grocery shopping. Finally, 17% of 79 participants in a food waste reduction single session class indicated that they did not check expiration dates on their packaged refrigerated food, but 100% said they would check the expiration date within the next week. Overall, among the 427 participants who were not practicing smart shopping behaviors or food waste reduction behaviors, most respondents (85%) will practice those behaviors next time or within the next week.

TABLE 26. INTENT TO CHANGE BEHAVIOR BY PRACTICING SMART SHOPPING BEHAVIOR NEXT TIME

During the past week, did you...	Total (n)	% not practicing the healthy behavior	# not practicing the healthy behavior	% and # not practicing the behavior who intends to do it the next time
Use the nutrition facts label to choose food?	163	38%	62	87% (54)
Compare unit prices before choosing foods?	185	29%	53	79% (42)
Check the expiration date on refrigerated packaged food?	79	17%	13	100% (13)
Combined: Food resource management behaviors in the past week.	427	30%	128	85% (109)

As shown in *Table 27*, 287 participants completed the ITC survey related to doing physical activity in the last week. About one-quarter (29%) of respondents reported not engaging in moderate physical activity for at least 30 minutes on 5 or more days last week. Encouragingly, most (81%) intend to do more PA next week.

TABLE 27. INTENT TO CHANGE BEHAVIOR RELATED TO PHYSICAL ACTIVITY

During the past week, did you...	Total (n)	% not practicing the healthy behavior	# not practicing the healthy behavior	% and # Not practicing the behavior who intends to do the healthy behavior "More Often"
Engage in moderate physical activity for at least 30 minutes on 5 or more days?	287	29%	83	81% (67)

Summary

As shown in *Table 28*, across the 8 topics and 1,010 participants, 291 (29%) did not practice the healthy consumption behavior or food waste reduction behavior last week. However, among those 291 non-practicing participants, 245 (84%) indicated that they would practice the healthy behavior the next time they eat, drink, exercise, shop, or store food. The results show that the CC Orange County’s single-session educational interventions positively affected the majority of participants’ intent to improve their healthy consumption and/or waste reduction behaviors.

TABLE 28 SUMMARY OF EIGHT INTENT-TO-CHANGE TOPICS

During the past week, did you...	Total (n)	% not practicing healthy behavior	# not practicing healthy behavior	% and # Not practicing the healthy behavior who intends to do the healthy behavior
8 Intent-to-Change topics	1,010	29%	291	84% (245)

Policy, Systems, and Environmental Changes

Access to Healthy Food: Healthy Procurement

In FFY 17, CCOC adopted a nutrition standards policy at the agency's Doris Cantlay Food Distribution Center to help ensure healthy food and beverage procurement and distribution. In FFY 24, CCOC continued to support the healthy procurement standards by providing training and technical assistance for food bank staff and volunteers who receive store and distribute food to the community. This year, at the request of the center's director, the training was offered in English and Spanish to accommodate language preferences. The training lesson objectives were (1) storing food safely and (2) decoding expiration dates. A total of 12 staff members and volunteers attended the technical assistance training this fiscal year. Additionally, CCOC conducted a similar training for kitchen ministry staff and volunteers who prepare food for events at St. Joseph's Church. Lesson topics for the 3-week series included serving sizes, reading food labels, eating healthy on a budget, and food safety.

The Doris Cantlay Food Distribution Center provides much-needed access to food, prioritizing healthy food options. The center's healthy procurement standards provide non-perishable food options such as dried beans, lentils, and canned foods. Clients also receive fresh fruit and vegetables. Clients can access the pantry every week without restriction on how often they can receive food.

The food distribution center has helped alleviate the growing need for access to nutritious food in Orange County by providing food that helped feed approximately 67,355 individuals. The food is distributed through drive-through style three days a week and serves 900 to 1200 vehicles daily. The center's collaboration with the Community Action Partnership of Orange County Food Bank and the Second Harvest Food Bank of Orange County continued to help fill the increased need for fresh fruits and vegetables, meat, and shelf-stable food items.

Community Gardens

Since laying the groundwork for an edible garden at the Doris Cantlay Food Distribution Center in FFY 21, CCOC has continued incorporating the garden into its programming—the 85 metal raised beds plus shelving units are used to grow strawberries and succulents. Volunteers and center staff help in maintaining the garden. The garden allows clients to have fresh garden produce in their food bags and experience the unique difference in taste and freshness in freshly gleaned produce. The gleaned produce from the garden is distributed to food pantry clients the next day in biodegradable plastic bags made from corn.



The harvested food is also used for food demonstrations during direct education at the center. In FFY 24, a variety of vegetables and edible flowers were cultivated. Seasonal planting using the Southern California climate (two seasons colder and warmer) is used, and what is planted depends on the season. This year that included beets, a variety of tomatoes, chiles, cucumbers, zucchini, squash, cilantro, sorrel/lettuce, purple onions, jalapeños, fava beans, peas, cauliflower, celery, broccoli, brussels sprouts, spinach, cabbage, parsley, radishes, strawberries, and Swiss chard. With the variety of produce planted, the center harvested 2,500 lbs., almost double what was harvested last year, serving more than 3,500 individuals.



This fiscal year, CCOC partnered with St. Joseph's Catholic School to help refurbish the school's garden and conduct direct education. Nutrition education is provided for fourth and fifth graders using the TWIGS curriculum. CCOC supported the refurbishment of the garden by providing irrigation supplies, pipes, valves, and lumber to build new planter boxes and refurbish existing ones. The garden allows the children to learn how to create resources to grow food, highlight sustainability, and be an agent to reduce food insecurity. The garden also helps connect the students to nature and teaches them where food comes from and the nutritional benefits that fresh fruits and vegetables provide.

The produce planted included Romaine lettuce, cherry tomatoes, Chile serrano, cilantro, and cucumbers. Over 100 lbs.

were harvested from the garden. CCOC used some of the harvest for a school special event, serving 65+ students fresh from the garden salads. In addition, CCOC donated produce to student families upon request. CFHL staff plan to use the produce from future harvests to teach students how to utilize the veggies in healthy recipes. In FFY 25, they hope to continue the garden-based education at St. Joseph's and to offer more garden-inspired special events.

Access to Physical Activity Opportunities

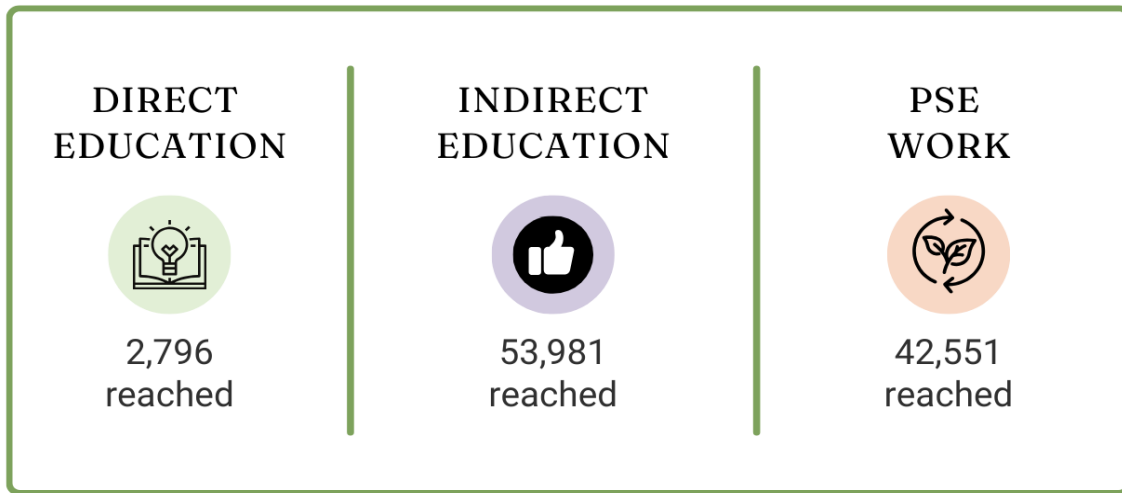
In FFY 24, CCOC expanded physical activity opportunities for the community. In May 2024, CCOC began the Club de Caminar at the affordable housing site Warwick Square Apartments. The walking club has four routes spanning 10-15, 15-20, or 20-25 minutes. This includes a warm-up and cool-down routine with exercises like marching in place, hip circles, and ankle rotations. In addition, CCOC continues to offer 30-minute in-person physical activity after nutrition education classes. Each session is tailored to the participant's abilities and includes aerobic exercises like low-impact exercises and dancing for those interested in more intense workouts. CCOC also continued to share pre-recorded 30-minute exercise videos focused on stretching, low-impact exercises, strength training, and cardio through YouTube.



CATHOLIC CHARITIES OF SAN BERNARDINO RIVERSIDE



CFHL Evaluation Report



In FFY 24, the CC San Bernardino & Riverside Counties (CCSBRiv) CalFresh Healthy Living program offered single-session nutrition education classes using the *Food Smarts for Adults* and *Eat Healthy Be Active* curricula. In addition, CCSBRiv began conducting a series of five nutrition classes in FFY 24. Each session addressed various topics, including the five food groups that comprise *MyPlate*, *ReThink Your Drink*, food label reading, shopping on a budget, and chronic disease prevention through physical activity.

Food Smarts for Adults sessions included presentations and activities that were participatory, hands-on, and interactive. Empowerment was fostered by providing participants with opportunities to share personal experiences. One engaging session in FFY 24 highlighted the sugar content in popular sodas. Participants were given a list of sugary drinks and given homework to determine the grams of sugar in each drink. When possible, sessions included a physical activity break and a healthy recipe demonstration and tasting from *EatFresh.org*. During one physical activity break, participants were given an example of how fun physical activity can be. The educator had them stand in a circle tossing a stress ball while moving to lively music.

CCSBRiv complemented its nutrition education with indirect activities, distributing healthy messaging materials and recipes from *Eatfresh.org* during food distributions, community events, and on their social media platforms, reaching 53,981 San Bernardino and Riverside Counties residents. The agency also used social media platforms to spread healthy eating and physical activity messaging through postings on its Facebook and Instagram accounts.

Evaluation Results – Adult Intervention Single Session

A total of 2,523 *Intent to Change* (ITC) surveys were collected in FFY 24 by CC San Bernardino Riverside (CCSBR). All of the surveys were gathered in a classroom setting via pen-to-paper. Sixty-six percent of the surveys were collected with the Spanish version of the ITCs and 34% were in English.

As shown in *Table 29*, the percentage of those not practicing healthy behaviors ranged from 12% who did not eat more than one kind of vegetable each day to 33% who did not choose smaller food and beverage portions. Eating fruit at least two times a day has the lowest level of intent to change (46%), while eating a breakfast that includes at least three food groups had the highest level of intent to change (71%). Overall, across the seven healthy eating behaviors, four out of five respondents (60%) who were not doing a healthy behavior the previous week intend to do it more often in the coming week.

TABLE 29 INTENT TO CHANGE BEHAVIOR RELATED TO INCREASING THE CONSUMPTION OF HEALTHY FOODS AND BEVERAGES

During the past week, did you...	Total (n)	% not practicing healthy behavior	# not practicing healthy behavior	% and # who did not practice the healthy behavior but intend to do "More Often" within the next week
Eat a breakfast that includes at least 3 food groups?	68	25%	17	71% (12)
Eat foods from all 5 food groups each day?	132	25%	33	67% (22)
Eat more than 1 kind of vegetable each day?	373	12%	43	67% (29)
Eat or drink lower fat milk products at least 2 times a day?	80	25%	20	60% (12)
Choose a smaller amount of food or beverage?	220	33%	72	56% (40)
Eat whole grain products every day?	218	22%	47	55% (26)
Eat fruit at least 2 times a day?	52	25%	13	46% (6)
Combined: During the past week did you eat healthy foods?	1143	21%	245	60% (147)

As shown in *Table 30*, 40% reported drinking sugar-sweetened beverages every day in the past week. Encouragingly, among those respondents, almost two-thirds (65%) indicated that they would drink sugary beverages less often within the next week. About one-third (36%) indicated that they ate fried foods and about two-thirds (61%) intend to eat less fried food next week. Although the number of respondents for the fast-food question was small (27), among the two out of five (41%) who ate fast food in the last week, about one-third (36%) of those indicated they intend to eat less fast food in the coming week. In FFY 2025, the CC SB/Riverside educators may want to emphasize the negative health effects of eating fast foods. Overall, two out of five respondents (39%) reported eating or drinking unhealthy foods and about two-thirds (63%) indicated they would do those behaviors less often within the coming week.

TABLE 30 INTENT TO CHANGE BEHAVIORS RELATED TO REDUCING THE CONSUMPTION OF UNHEALTHY FOOD AND BEVERAGES

During the past week, did you...	Total (n)	% practicing the unhealthy behavior	# practicing the unhealthy behavior	% and # practicing the unhealthy behavior who intend to do it "Less Often" within the next week
Drink a sweetened beverage every day?	272	40%	110	65% (71)
Eat fried foods 2 or more times?	113	36%	41	61% (25)
Eat fast food?	27	41%	11	36% (4)
Combined intent to reduce eating unhealthy foods	412	39%	162	63% (100)

As shown in *Table 31*, less than one-quarter (22%) of all respondents did not plan meals before they went grocery shopping, and about one-third (36%) did not use the nutrition facts label once they were in the store. However, about two-thirds (63%) indicated they would plan meals before shopping, and over half (59%) indicated that they would use nutrition facts labels the next time they go shopping. Commensurate with those two shopping practices, 82% of 124 respondents indicated an intent to compare unit prices before choosing foods the next time they go shopping. Overall, two-thirds (65%) of respondents will practice the four smart shopping behaviors the next they go shopping.

TABLE 31 INTENT-TO-CHANGE BEHAVIOR BY PRACTICING SMART SHOPPING BEHAVIOR, NEXT TIME

During the past week, did you...	Total (n)	% not practicing the healthy behavior	# not practicing the healthy behavior	% and # not practicing the behavior who intend to do the healthy behavior "more often"
Compare unit prices before choosing foods?	124	36%	45	82% (37)
Plan meals before going to the store?	222	22%	49	63% (31)
Use the nutrition facts label to choose food?	163	36%	58	59% (34)
Make a list before going to the store?	74	42%	31	55% (17)
Combined: Food resource management behaviors in the past week.	583	31%	183	65% (119)

As shown in *Table 32*, 385 participants completed the ITC survey related to doing physical activity in the last week. Twenty-nine percent of respondents reported not engaging in moderate physical activity for at least 30 minutes on 5 or more days last week, but 81% intend to do more PA next week. In addition, twenty-eight percent of respondents reported not doing 2.5 hours of physical activity in the last week, but a little more than three-fourths (78%) of those intend to do more PA next week. Overall, 80% of the 110 respondents who were not doing much physical activity indicated that they intended to engage in moderate physical activity next week.

TABLE 32 INTENT-TO-CHANGE BEHAVIOR RELATED TO PHYSICAL ACTIVITY

During the past week, did you...	Total (n)	% not practicing healthy behavior	# not practicing healthy behavior	% and # not practicing the healthy behavior who intend to “more often”
Engage in moderate physical activity for at least 30 minutes on 5 or more days?	287	29%	83	81% (67)
Engage in moderate physical activity for at least 2.5 hours?	98	28%	27	78% (21)
Combined: Physical Activity	385	29%	110	80% (88)

Summary

As shown in *Table 33*, across the 16 intent-to-change topics and 2,523 participants, 700 did not practice a specific healthy behavior. However, among those non-practicing participants, two-thirds (65%) indicated that they would practice the healthy behavior the next time they eat, drink, exercise, or shop. Overall, the results show that the CCSBR single-session educational interventions positively affected participants’ intent to change.

TABLE 33 SUMMARY OF 16 INTENT-TO-CHANGE TOPICS

During the past week, did you...	Total (n)	% not practicing healthy behavior	# not practicing healthy behavior	% and # Not practicing the healthy behavior who intend to within the next week
16 Intent to change topics	2,523	28%	700	65% (454)

Policy, Systems, and Environmental Changes

Access to Healthy Food: Healthy Procurement

Since 2016, CCSBRiv has maintained nutrition standards guiding food purchasing, procurement, and distribution at its seven emergency food distribution centers in rural and urban areas in San Bernardino and Riverside counties. Food pantry staff receive training on the policy, emphasizing the distribution of fresh fruits and vegetables, lean protein, low fat, low sugar, and low sodium items. The policy was reviewed and updated in 2021 and continues to be supported at all the CCSBRiv sites with healthy messaging materials and access to clean water.



CCSBRiv operates seven food distribution centers that provide an assortment of healthy, shelf-stable, fresh, and frozen foods to clients seeking emergency food. In addition, surplus foods from the distributions are shared with low-income families frequenting a health center and a senior center in the Coachella Valley. Distributions operate weekly on a walk-in or drive-thru basis. Food bags are supplemented with produce from the centers' edible gardens and fruit trees. The agency's partnerships with food banks, growers, schools, and individual donors helped increase CCSBRiv's healthy food availability. Grants

and in-kind donations, such as freezers to store frozen foods for distribution, also helped the agency leverage its funds.

In FFY 24, over 22,000 unduplicated food-insecure adults, children, and seniors benefited from the healthy food and produce distributed at the agency's seven emergency food pantry sites.

Healthy Food Pantry

CCSBRiv began partnering with Leah's Pantry's *Nutrition Pantry Program* (NPP) in FFY 19 to further its commitment to providing healthy food access to low-income communities. Through an assessment process, the NPP supports policy, systems, and environmental changes at food distribution sites. The NPP offers resources, technical assistance, and training for organizations seeking to adopt best practices to better meet their clients' needs. The program also provides a pathway to Gold, Silver, or Bronze NPP Certification.

The agency's Riverside Regional Center was the first site to work through the NPP process to assess and improve its food distribution to be more client-focused. In 2020, the center was awarded Gold NPP certification. Following this success, the agency worked with an additional four food distribution sites. The West End Regional Center and two sites in the Coachella Valley, Mecca, and North Shore achieved Gold NPP certification in 2023, while the Upland Community Resource Center qualified for a Bronze award. Some improvements made during the NPP process include developing and implementing new client feedback methods, adopting a trauma-informed lens to nutrition security, integrating direct and indirect nutrition education into pantry programming, and training opportunities for staff and volunteers. In FFY 24, each NPP food distribution site completed an "NPP Annual Partner Check-in" to ensure the NPP goals and objectives are being maintained.

Community Gardens

CCSBRiv has maintained edible gardens at its three regional centers in Riverside and San Bernardino Counties since FFY 16. In FFY 23, the San Bernardino Regional Center revitalized the community garden that had been inactive for some time with assistance from California College Corps volunteers. The container gardens continued to thrive in FFY 24, with beans, peppers, onions, tomatoes, and citrus trees. Harvest-enhanced recipes were



prepared during nutrition classes and taste testing. Class participants were also invited to take excess produce home for their families.

New garden beds were added to the Riverside Regional Center's garden in 2023. The garden has been operational for 10 years and continued to be fruitful in FFY 24. This year, radishes, citrus, apples, peppers, onions, and herbs flourished in the garden. An increase in volunteers and community involvement assisted with the harvest, allowing for increased access to the garden yield. The harvest was used for food demonstrations and recipe tastings, with additional sharing of the crops during nutrition education classes. The Center's Neighbor to Neighbor program continued offering a complimentary healthy Sunday breakfast served to the community that included produce from the garden.



The West End Regional Center's citrus garden has been established for over 13 years. In FFY 24, the onsite citrus orchard grew an abundance of oranges, tangerines, grapefruit, and lemons. The produce supplemented the food distribution, along with donations of excess produce from local farms and crop-sharing surplus fruits and vegetables from the community.

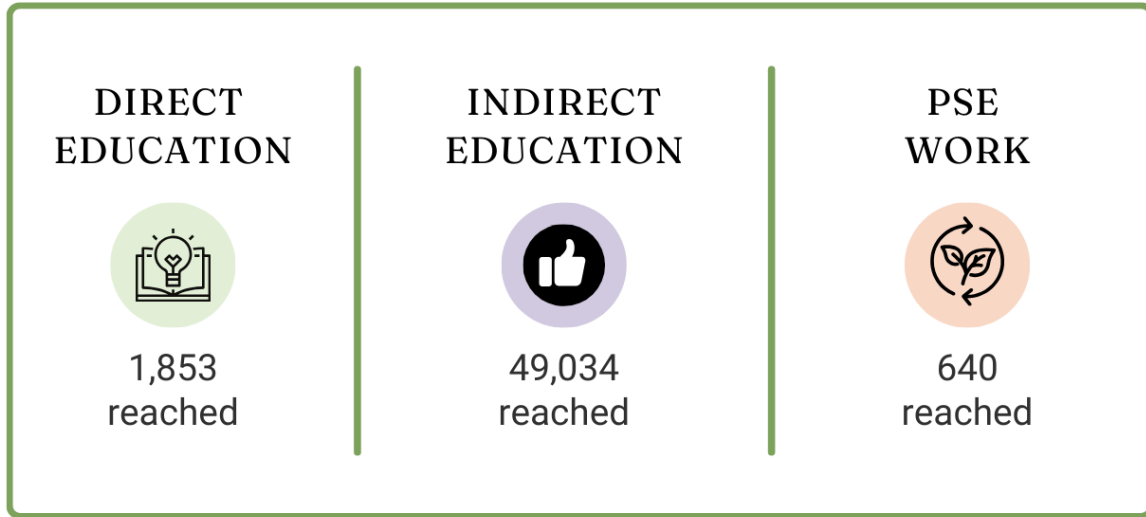
Access to Physical Activity

CCSBRiv provided a variety of physical activity opportunities for the community throughout its two-county service area in FFY 24. In San Bernardino County, family resource centers such as Upland Resource Center and Ontario West End engaged class participants in chair yoga and stretching exercises during nutrition lessons. The San Bernardino Regional Center continued its walking group, which meets after nutrition education classes. Community members walk as a group around the neighborhood, with infused water and water bottles available after the activity. The San Bernardino Center also offers dance, Zumba, and gardening sessions sporadically throughout the year. At the Riverside Regional Center, chair exercises for older adults, yoga, and gardening opportunities have enabled participants to be active. Other sites, such as Our Lady of Soledad, Molina One Stop, and Desert Hot Springs Senior Center, offered 15–20-minute stretching, dance exercises, and chair yoga during direct education classes.

CATHOLIC CHARITIES OF SAN DIEGO



CFHL Evaluation Report



In FFY 24, Catholic Charities of San Diego used three curricula to deliver impact nutrition education to the community. The *Food Smarts for Adults* curriculum was used for single lessons and multi-class series. Each *Food Smarts* lesson includes 1 - 3 key messages. Sessions addressed various topics, including the five food groups, which comprise *MyPlate*, *ReThink Your Drink*, food label reading, shopping on a budget, and chronic disease prevention through physical activity. Similar healthy eating and physical activity concepts were taught in FFY 24 using the multi-session *Eat Smart Live Strong* curriculum focused on reaching older adults. Nutrition education lessons were intended to be interactive and participatory.

The three-session *Food Waste Reduction* series complements the *Food Smarts for Adults* curriculum. It measures changes in food resource management regarding how much participants self-report discarding food waste, the household's confidence level in understanding food safety dates, and how to store food properly and utilize leftovers.

CCSD's single sessions were conducted to engage San Diego and Imperial Counties participants. Lesson topics such as "*Creating a Balanced Meal*" and "*ReThink Your Drink*" encouraged participants to eat foods in the five MyPlate food groups and to drink water instead of sweetened beverages.

CCSD complemented their direct education with indirect healthy messaging materials distributed at partner sites and community events. Their indirect education reached over 49,000 people across San Diego and Imperial Counties.

Evaluation Results – Adult Series Intervention

CC San Diego collected 75 adult surveys using the *Food Behavior Checklist*. Surveys were collected in the cities of San Diego in San Diego County and Calexico and El Centro in Imperial County. Sixty-one percent of the participants completed the Spanish version of the FBC.

As seen in Table 34, across the 16 MT1 healthy eating and drinking survey questions 10 showed statistically significant ($p < .05$) changes. Some of the changes included an increase in eating fruits and vegetables as snacks, eating more whole grains and lean meats such as fish and chicken without the skin. Indeed, participants indicated they were eating nearly one-third of a cup of vegetables more than before the nutrition education class. There was also a significant decrease in the consumption of sugary sodas but not sports drinks.

Among the five MT2 food resource management/smart shopping questions, four showed statistically significant changes but there was no significant decrease in running out of food before the end of the month. However, 83% indicated they only sometimes or never run out of food before the end of the month.

All three of the MT3 PA questions showed statistically significant increases. There was a nearly a 1-day increase in the number of days of exercising for at least 30 minutes and three-quarters of a day increase in muscle strengthening exercises.

The Indicators of Success on the next page summarize data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the CC San Diego CFHL adult participants. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

TABLE 34 OUTCOME DATA ANALYSIS RESULTS FOR CC SAN DIEGO (N = 75)

Survey Question Topic	p-Value	Type of statistically significant change
MT1 Healthy Eating		
1. Eat F&Vs as snacks	.007	Increase
2. Drink sports drinks	.776	None
3. Citrus fruit or juice	.300	None
4. Drink regular soda	.040	Decrease
5. Milk with cereal	.002	Increase
6. Cups of fruit	.119	None
7. Cups of vegetables	.009	Increase
8. Different fruit	<.001	Increase
9. Different vegetables	.008	Increase
10. Drink Milk	.159	None
11. Take skin off chicken	.027	Increase
12. Eat Fish	.045	Increase
13. Eat >2 vegetables	<.001	Increase
14. Eat whole grains	.003	Increase
15. Drink low/fat-free milk	.301	None
16. Cups of water	.122	None
MT2 Food Resource Management		
1. Use Nutrition label	<.001	Increase
2. Run out of food	.389	None
3. List before shopping	.006	Increase
4. Buy low-sodium food	.001	Increase
5. Buy low-sugar food	<.001	Increase
MT3 Physical Activity		
1. >30 min exercise	<.001	Increase
2. Strengthen muscles	.005	Increase
3. Make small changes	.002	Increase

Indicators of Success

Catholic Charities Diocese of San Diego

75 FBC SURVEYS COLLECTED

ETHNICITY



61% Hispanic/Latine
21% Non-Hispanic/Latine
18% Preferred no response

LANGUAGE



61% Spanish
39% English

AGE



63% 18 - 59
36% 60 - 75
1% 76+

GENDER



64% Female
35% Male

RACE

(CAN HAVE MULTIPLE SELECTIONS)



1% Native American
24% Asian
4% Black
59% White
12% Preferred no response

KEY INDIVIDUAL IMPACTS

*STATISTICALLY SIGNIFICANT RESULTS

Fruits & Vegetables 1-week recall



87% ate at 1+ cup of veggies each day*



84% ate 1+ cup of fruit each day



63% eat fruit and veggies as snacks often or every day*

Drink Choices 1-week recall



76% drink 4+ cups of water each day



92% do not or only sometimes drink sodas



83% do not or only sometimes drink sports drinks or punch

Smart Shopping 1-week recall



56% use nutrition facts label while shopping*



52% make a list of ingredients before grocery shopping*



53% buy foods with lower sugar or no sugar added, always or often*

Physical Activity 1-week recall



87% exercise 30+ minutes, 3+ days per week*



81% do muscle strengthening exercises 2+ days per week*



48% make small changes to be active often or always*

Evaluation Results – Adult Intervention Single Session

A total of 1,500 *Intent to Change* (ITC) surveys were collected in FFY 24 by CC San Diego (CCSD). All of the surveys were gathered in a classroom setting via pen-to-paper. Forty percent of the surveys were collected with the Spanish version of the ITCs and 60 % were in English.

As shown in *Table 35* the percentage of those not practicing healthy behaviors ranged from 10% who did not eat more than one kind of vegetable each day to 56% who did not choose smaller food and beverage portions. Eating breakfast that includes at least three food groups had the lowest level of intent to change (50%) while eating more than one kind of vegetable each day had the highest level of intent to change (100%), albeit there were only 30 participants in one single session class. Eating more fruit (86%), eating from the five food groups (84%), and choosing smaller portions (75%) all had high levels of intent to change. Overall, across the five healthy eating behaviors, four out of five respondents (81%) who were not doing a healthy behavior the previous week intend to do it more often in the coming week.

TABLE 35 INTENT-TO-CHANGE BEHAVIOR RELATED TO INCREASING THE CONSUMPTION OF HEALTHY FOODS AND BEVERAGES

During the past week, did you...	Total (n)	% not practicing healthy behavior	# not practicing healthy behavior	% and # not practicing the healthy behavior who intend to do it “More Often”
Eat more than 1 kind of vegetable each day?	30	10%	3	100% (3)
Eat fruit at least 2 times a day?	52	14%	7	86% (6)
Eat foods from all 5 food groups each day?	235	27%	64	84% (54)
Choose a smaller amount of food or beverage?	78	56%	44	75% (33)
Eat a breakfast that includes at least 3 food groups?	10	20%	2	50% (1)
Combined: During the past week did you eat healthy foods?	405	30%	120	81% (97)

As shown in *Table 36*, one out of four respondents (24%) reported drinking sugar-sweetened beverages every day in the past week. However, a little less than half (46%) indicated that they would drink sugary beverages less often within the next week. In FFY 2025, the CCSD educators may want to emphasize the negative health effects of drinking sugary beverages. About three out of five (62%) who ate fast food in the last week intend to eat less. Overall, about two out of five respondents (44%) reported eating or drinking unhealthy foods and about half (54%) indicated they would do those behaviors less often within the coming week.

TABLE 36 INTENT-TO-CHANGE BEHAVIORS RELATED TO REDUCING THE CONSUMPTION OF UNHEALTHY FOOD OR BEVERAGE

During the past week, did you...	Total (n)	% practicing the unhealthy behavior	# practicing the unhealthy behavior	% and # practicing the unhealthy behavior who intend to do it “Less Often”
Drink a sweetened beverage every day?	196	24%	46	46% (21)
Eat fast food?	85	59%	50	62% (31)

During the past week, did you...	Total (n)	% practicing the unhealthy behavior	# practicing the unhealthy behavior	% and # practicing the unhealthy behavior who intend to do it "Less Often"
Combined: Intent to reduce eating unhealthy foods	281	44%	96	54% (52)

As shown in *Table 37*, about one-third (31%) of all respondents did not make a list before shopping, and 32% did not plan meals before they went grocery shopping. However, approximately two-thirds (65%) will make a list and three out of five (61%) will plan meals before shopping next time. The CC San Diego educators may want to emphasize the health benefits associated with reading the nutrition facts labels when shopping to identify unhealthy levels of fats, sugars, and sodium in food products. Overall, about three out of five respondents (61%) will practice smart shopping and food waste reduction behaviors the next they go shopping.

TABLE 37 INTENT-TO-CHANGE BEHAVIOR BY PRACTICING SMART SHOPPING OR FOOD WASTE REDUCTION BEHAVIOR, NEXT TIME

During the past week, did you...	Total (n)	% not practicing the healthy behavior	# not practicing healthy behavior	% and # not practicing the behavior who indicated intent to do it next time
Make a list before going to the store?	166	31%	51	65% (33)
Plan meals before going to the store?	226	32%	72	61% (44)
Use the nutrition facts label to choose food?	140	49%	68	44% (30)
Plan on how much to buy?	136	15%	21	91% (19)
Check the expiration date on refrigerated packaged food?	45	24%	11	100% (11)
Combined: FRM behaviors in the past week.	713	31%	223	61% (137)

As shown in *Table 38*, 101 participants completed the ITC survey related to doing physical activity in the last week. About one-quarter (26%) of respondents reported not engaging in moderate physical activity for at least 30 minutes on 5 or more days last week. Encouragingly, most (85%) intend to do more PA next week.

TABLE 38 INTENT-TO-CHANGE BEHAVIOR RELATED TO PHYSICAL ACTIVITY

During the past week, did you...	Total (n)	% not practicing healthy behavior	# not practicing healthy behavior	% and # not practicing the healthy behavior who intend to it "More Often"
Engage in moderate physical activity for at least 30 minutes on 5 or more days?	101	26%	26	85% (22)

Summary

As shown in *Table 39*, across the 13 intent-to-change topics and 1,500 participants, 465 did not practice a specific healthy behavior. However, among those non-practicing participants, two-thirds (66%) indicated that they would practice the healthy or food waste reduction behavior the next time they eat, drink, exercise, store food, or shop. Overall, the results show that the CCSD single-session educational interventions positively affected participants' intent to change.

TABLE 39 SUMMARY OF 13 INTENT-TO-CHANGE TOPICS

During the past week, did you...	Total (n)	% not practicing healthy behavior	# not practicing healthy behavior	% and # Not practicing the healthy behavior who intend to do the healthy behavior
13 Intent to change topics	1,500	31%	465	66% (308)

Policy, Systems, and Environmental Changes

Access to Healthy Food: Healthy Procurement

Increasing the availability of healthy foods for low-income populations can increase the recipients' food security, health, and well-being. In FFY 24, CCSD collaborated with two low-income housing sites serving older adults to increase the availability of healthy foods through its Pop-Up Food Pantries. At the Leah Residence, CCSD's Pop-Up Food Pantry provided participants attending nutrition education classes with 30 lbs. of fresh fruits and vegetables, shelf-stable foods, and canned goods. Older adults in need of nutritious food at the Golden Age Apartments also had the opportunity to access the food distribution after education classes. To assist residents with information on ways to use the food they received at the Pop-Up Food Pantries, the CFHL team reviewed the food items for distribution before the class and incorporated a take-home healthy recipe using some of the ingredients provided in the food bag.

CCSD leveraged funding for the Pop-Up Food Pantries by partnering with the San Diego Food Bank and accessing donated foods received at CCSD's Mission Gorge location. In FFY 25, CCSD plans to reach out to other partners to provide healthy donations that would enable the CFHL program to extend their Pop-Up Food pantries to additional sites.

Access to Physical Activity

At the St. John's Senior Residence in San Diego, CCSD collaborated with the older adult residents and the site management to establish a walking path around the complex with exercise stations in 2020. Participants can use the path as often as they wish, allowing them to enjoy the activity regardless of whether CCSD staff are present. The length of time participants walk is flexible and up to the walker. Signage is provided to indicate the distances for 1k, 2k, 3k, 4k, and 5k. Participants are welcome to take as much time as they need to complete their chosen distance. CCSD provides fresh produce as an incentive for participants completing the course twice a month. CCSD staff support this PSE by offering tools for participants to increase their heart rate and build muscle mass. Resistance bands and 2 lb. weights are available for the residents' use. They provide an opportunity for safe, low-impact physical activity for low-income older adults. Walking with their fellow residents increases participants' sense of community. Physical activity for older adults can reduce the risk of chronic diseases, improve bone health, maintain muscle strength, and enhance balance and coordination. In FFY 25, CCSD hopes to start an edible gardening series at St. John's and assist the residents with growing their own produce and herbs that can supplement their meals.



CATHOLIC CHARITIES OF SAN FRANCISCO



CFHL Evaluation Report

DIRECT EDUCATION



2,161
reached

INDIRECT EDUCATION



4,160
reached

PSE WORK



932
reached

In FFY 24, CCSF continued collaborating with Catholic schools, community centers, and local libraries to conduct nutrition education for youth using the Food Smarts for Kids curriculum. Each session provided 30 - 45 minutes of instruction on a variety of topics, including food groups, healthy beverage consumption, food label reading, and physical activity promotion. There were also opportunities to engage youth in learning kitchen knife safety skills, recipe preparation, fun interactive activities, and food tastings.

In the summer months, CCSF delivered fun and informative single sessions to 1st- 7th grade youth once a week at the agency's Maureen and Craig Sullivan Youth Center in San Francisco. Younger children learned how to make healthy eating choices through the *Pick a Better Snack* curriculum taught by CCSF educators. Also, in FFY 24, CCSF continued engaging youth in single sessions in San Mateo County at the North Fair Oaks Library.

CCSF supported their nutrition education classes with indirect education activities that reached 4,160 individuals. Recipes continued to be shared with families through several strategies: asking principals to send recipes in a mass email to students' families, posting recipes on school websites to maintain engagement throughout the summer vacation, and distributing recipe cards and books in multiple languages to parents during school events.

Evaluation Results – Youth Intervention

A total of 173 *Eating and Activity Tool for Students* (EATS) surveys were completed by students in a classroom via pen-to-paper. The post-test occurred four months after the pre-test. The data were entered into Survey Monkey and exported into the Statistical Package for the Social Sciences (SPSS) Ver 29 for descriptive and inferential statistical analysis. The analysis of statistical significance was conducted at alpha = 0.05 and 0.01 levels of significance. A p-value of less than 0.05 indicates a statistically significant change.

As shown in *Table 40*, the CC San Francisco CalFresh Healthy Living school intervention showed statistically significant changes in 6 of the 19 EATS questions. The students showed a statistically significant increase in their consumption of starchy, orange, and other vegetables. While they decreased their consumption of flavored milk, surprisingly, they increased their consumption of regular sodas even though 67% of respondents did not drink sodas yesterday. They also significantly increased their consumption of water. Among the behaviors that did not result in statistically significant change but can be considered Indicators of Success include 87% eating fruit at least once yesterday, 75% being physically active at least three days or more last week, and 96% not drinking any energy drinks yesterday.

The Indicators of Success on the next page summarizes data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the CCSF CFHL youth participants. The data points may also indicate that respondents are practicing healthy behaviors such as drinking more water instead of sugary beverages. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

TABLE 40 OUTCOME DATA ANALYSIS RESULTS FOR CC SAN FRANCISCO (N = 173)

Survey Question Topic	p-Value	Type of statistically significant change
1. Eat any starchy vegetables?	.019	Increase
2. Eat any orange vegetables?	.035	Increase
3. Eat any salad or green vegetables?	.072	None
4. Eat any other vegetables?	.037	Increase
5. Eat any beans?	.933	None
6. Eat any fruit?	.063	None
7. Drink any fruit juice?	.142	None
8. Eat any bread, tortillas, buns, that were brown?	.054	None
9. Drink any diet soda?	.223	None
10. Drink any punch, sports drinks, or other fruit-flavored drinks?	.558	None
11. Drink any regular soda or soft drinks?	.023	Increase
12. Drink any energy drinks?	.086	None
13. Drink any sweetened coffee or tea drinks?	.514	None
14. Drink any kind of flavored milk?	.004	Decrease
15. Drink any water?	.019	Increase
16. What type of milk do you drink most of the time?	.374	None
17. Days of vigorous physical activity for at least 60 minutes per day last week	.583	None
18. Time spent doing PA during PE last week	.434	None
19. Hours of screen time last week on a typical school day Monday through Friday.	.130	None

Indicators of Success

CC San Francisco

173 EATS SURVEYS COLLECTED

LANGUAGE



100% English

GENDER



51% Female
47% Male
1% Non-Binary
2% Prefer no response

AGE



100% 9 - 14
Average Age = 11.5

ETHNICITY



50% Latine
50% Non-Latine

RACE (CAN HAVE MULTIPLE SELECTIONS)



43% Asian
6.4% Black
7.5% Native American
6.4% Pacific Islander
4.6% White
31.2% Other

KEY INDIVIDUAL IMPACTS

*STATISTICALLY SIGNIFICANT RESULTS

Fruits And Vegetables 1-day recall



46% ate Orange Vegetables 1+ time*



56% ate Starchy Vegetables 1+ time*



59% ate a variety of vegetables 1+ time*



65% ate Green Vegetables 1+ time



14% increase* in eating fruits

Drink Choices 1-day recall



99% drank water 1+ time*



67% did not drink any regular soda*



96% did not drink any energy drinks



63% did not drink any sports drinks or punch

Physical Activity 1-week recall



75% were physically active 3+ days last week



87% spent most or all of PE class time doing physical activity*



25% spent 2 hours or less of recreational screentime*

Policy, Systems, and Environmental Changes

Access to Healthy Food: Healthy Procurement

At the agency's Maureen and Craig Sullivan Youth Center, students receive daily snacks, hot meals, clean water, and nutrition and cooking classes throughout the school year and summer. In FFY 24, CCSF collaborated with the youth center to revise its Nutrition Standards Policy. The updated standards provide improved nutritional guidelines. Youth received three hot, nutritious meals comprised of at least three of the five food groups daily. Unhealthy snacks and sugary drinks are not permitted. CCSF empowered students by educating them on portion sizes and coaching them to make healthy food choices. Healthy messages from posters and books reinforce healthy behaviors and appear throughout the center. They encourage healthy habits such as eating a rainbow of fruits and vegetables and participating in physical activity. To reinforce the standards further and educate parents, recipe cards and books are distributed to the families by the CalFresh Healthy Living (CFHL) Program to encourage healthy habits at home.



In FFY 23, CCSF partnered with the North Fair Oaks Library in San Mateo County to establish similar nutrition standards. The guidelines ensure that healthy snacks and water are offered to the youth. In FFY 24, CCSF worked to maintain the nutrition standards.

Community Gardens

Hydroponic gardens can improve accessibility and affordability of fresh produce through vertical gardens, which use water, not soil, to grow food in a limited space. Hydroponic gardens are also beneficial in areas where warm sunlit days are lacking or in urban garden areas. CCSF installed its first hydroponic gardening system at St. Peter's Catholic School toward the end of FFY 23, with the first seeding and transplanting at the start of FFY 24. Students harvested romaine lettuce, basil, and tomatoes several times during the academic year. After gathering the fresh produce from the hydroponic gardens, students made salads and pesto using produce from the garden, fostering a deeper understanding of healthy food choices.



Likewise, in FFY 24, hydroponic garden systems were installed at St. James and St. Anthony's Catholic Schools. Students were enthusiastic about being involved in planting and maintaining the gardens. "Salad Parties" and cooking demonstrations served as hands-on learning experiences in nutrition education using the harvest from the hydroponic gardens. Extra garden produce was bagged and distributed to schools and families, promoting community engagement and healthy eating habits.

CCSF intends to broaden this initiative by installing more hydroponic gardens at other schools, including Our Lady of Victory, in FFY 25.

Access to Physical Activity Opportunities

In August 2024, Our Lady of the Visitation Catholic School expanded its programming by incorporating physical activity and CATCH (*Coordinated Approach to Child Health*) programming. Beyond introducing hydroponic gardening and CATCH, CCSF plans to paint stencils on the school's blacktop to keep students active and promote healthy procurement practices

in FFY 25. CCSF also implemented stencils at St. Anthony's and St. James to increase movements and physical activity. Stencils were painted on playgrounds, featuring colorful fruit and vegetable designs to encourage students' physical activity during PE and free play.

CCSF integrates daily physical education, using the CATCH model, to provide children with 60 minutes of physical activity, promoting fitness and collaboration. Structured activities were organized during breaks, and summer training sessions were held to equip staff for quality delivery of the CATCH curriculum. A site visit to St. James confirmed the successful delivery of the CATCH program, where students engaged in active, team-based games that promoted heart-healthy exercise and enjoyment.

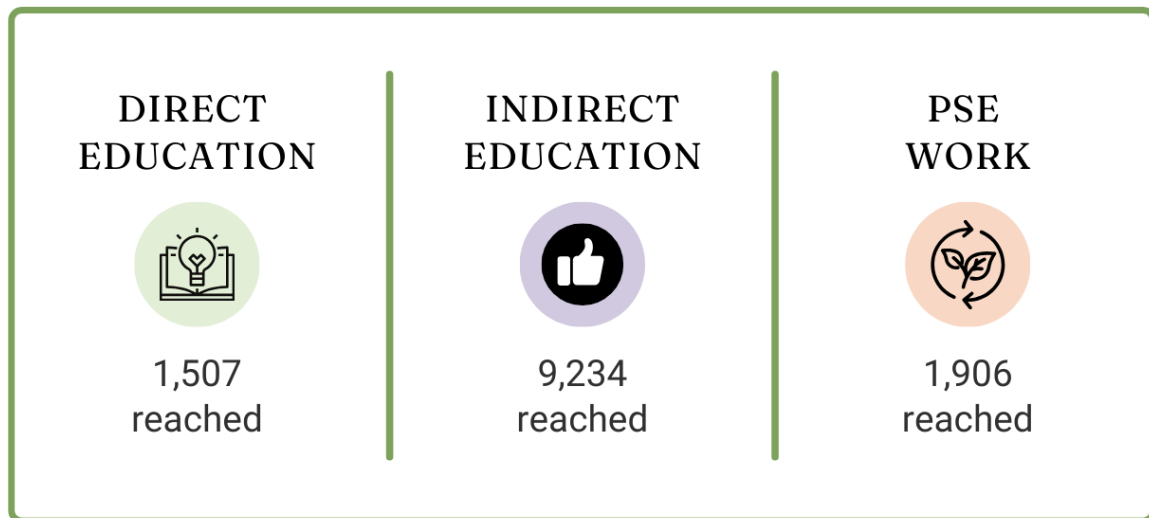
CCSF contributes to building a culture of health and fitness, providing students at Maureen and Craig Sullivan Youth Center with daily physical activity throughout the school year. The PE program promotes collaboration and enjoyment in fitness, offering a variety of age-appropriate activities while ensuring all students are actively involved.



CATHOLIC CHARITIES OF SANTA CLARA



CFHL Evaluation Report



Catholic Charities of Santa Clara (CCSC) continued its partnership with the Communities Organizing Resources to Advance Learning (CORAL) program and the Franklin McKinley School District in FFY 24. These partnerships allowed the CCSC CFHL program to provide nutrition education to 19 elementary and middle-school students and two youth centers during the school year. Summer enrichment was also offered at the two youth centers and two elementary schools.

CCSC used the practice-tested five-session *Food Smarts for Kids* curriculum for direct education with 4th – 8th graders. Key lesson themes taught students how to read food labels, food groups, and the importance of physical activity. Lessons were presented in a participatory style, allowing students to interact with the instructor and ask questions and fostering students' confidence in practicing healthy behaviors. Lessons are reinforced with take-home materials in English and Spanish, including the day's recipe. Students were encouraged to share what they learned and recipes with their parents. At the end of the series, students participated in a healthy food tasting to celebrate the series completion. Students were also awarded a certificate for completing the 5-week *Food Smarts* series along with some Nutrition Education Reinforcement Items such as a water bottle filled with healthy messaging stickers and a recipe.

Additionally, single-session classes were provided using the *Pick a Better Snack* curriculum, which was used to engage younger students in making healthy snack choices and increasing fruit and vegetable consumption and physical activity.

Evaluation Results – Youth Series Intervention

A total of 131 *Eating and Activity Tool for Students (EATS)* surveys were completed by students in a classroom via pen-to-paper. The analysis of statistical significance was conducted at $\alpha = 0.05$. A p-value of less than 0.05 indicates a statistically significant change.

As shown in *Table 41*, the CC Santa Clara County CalFresh Healthy Living school intervention showed statistically significant changes in 4 of the 19 EATS questions. The students significantly increased their consumption of beans and drank more water. They also significantly increased the amount of vigorous physical activity by 1.25 days in the last week. Among the behaviors that did not result in statistically significant change but can be considered Indicators of Success include 82% eating fruit at least one time yesterday, 66% not drinking regular sodas, and 78% drinking water three or more times yesterday.

The Indicators of Success on the next page summarizes data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the CCSC CFHL youth participants. They also may indicate that respondents are practicing healthy behaviors such as drinking more water instead of sugary beverages. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

TABLE 41 OUTCOME RESULTS FOR CC SANTA CLARA (N = 131)

Survey Question Topic	p-Value	Type of statistically significant change
1. Eat any starchy vegetables?	.132	None
2. Eat any orange vegetables?	.295	None
3. Eat any salad or green vegetables?	.197	None
4. Eat any other vegetables?	.201	None
5. Eat any beans?	.040	Increase
6. Eat any fruit?	.555	None
7. Drink any fruit juice?	.273	None
8. Eat any bread, tortillas, buns, that were brown?	.328	None
9. Drink any diet soda?	.494	None
10. Drink any punch, sports drinks, or other fruit-flavored drinks?	.714	None
11. Drink any regular soda or soft drinks?	1.000	None
12. Drink any energy drinks?	.494	None
13. Drink any sweetened coffee or tea drinks?	.169	None
14. Drink any kind of flavored milk?	.554	None
15. Drink any water?	.018	Increase
16. What type of milk do you drink most of the time?	.784	None
17. Days of vigorous physical activity for at least 60 minutes per day last week	<.001	Increase
18. Time spent doing PA during PE last week	.860	None
19. Hours of screen time last week on a typical school day Monday through Friday.	.034	Decrease

Indicators of Success

CC Santa Clara

131 EATS SURVEYS COLLECTED

ETHNICITY



47% Hispanic/Latine
53% Non-Hispanic/Latine

LANGUAGE



100% English

AGE



9 - 12 years old
Average Age = 10.1

GENDER



53% Female
44% Male
3% Preferred no response

RACE

(CAN HAVE MULTIPLE SELECTIONS)



44% Asian
4% Black
14% Native American
2% Pacific Islander
15% White
5% Other
16% Preferred no response

KEY INDIVIDUAL IMPACTS

*STATISTICALLY SIGNIFICANT RESULTS

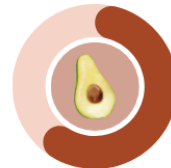
Fruits And Vegetables 1-day recall



42% ate Orange Vegetables 1+ time



50% ate Starchy Vegetables 1+ time



63% ate a variety of vegetables 1+ time



53% ate Green Vegetables 1+ time



82% ate fruit 1+ time

Drink Choices 1-day recall



98% drank water 1+ time*



66% did not drink any regular soda



89% did not drink any energy drinks



65% did not drink any sports drinks or punch

Physical Activity 1-week recall



80% were physically active 3+ days last week*



69% spent most or all of PE class time doing physical activity

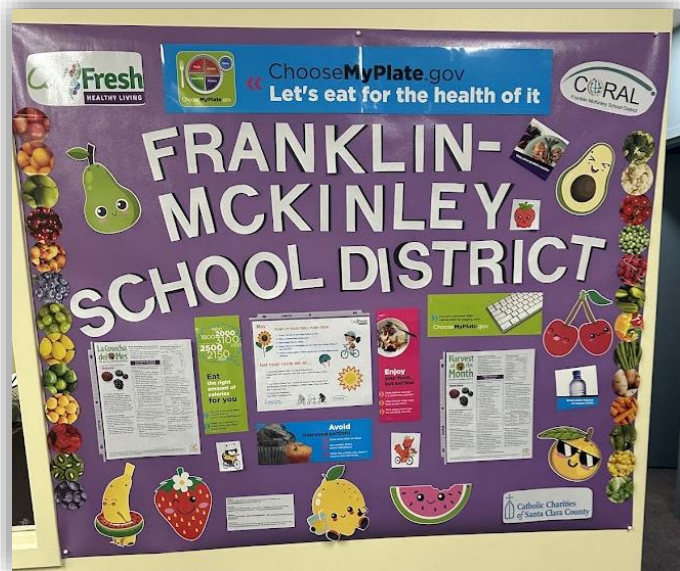


44% spent 2 hours or less of recreational screentime*

Policy, Systems, and Environmental Changes

Access to Healthy Food: Nutrition Standards

CCSC developed nutrition standards and guidelines for its 20 after-school program sites and special events at locations funded by CFHL in FY 2017. The standards complement the Franklin McKinley School District's wellness policy, which includes water stations and posters encouraging healthy eating.



CCSC promotes its nutrition standards through indirect education and its Nutrition Walls, consisting of large bulletin boards at nine schools. The Nutrition Walls reinforce the policy's healthy eating guidelines and the district's wellness policy. These message boards are part of a larger county-wide collaborative effort across CalFresh Healthy Living partners to display consistent messages reinforcing the importance of healthy eating, especially fruit and vegetable consumption, reduced sweetened beverages, and an active lifestyle.

Access to Healthy Food: Water Access and Appeal

Increasing access to safe, clean water is another way CCSC supports healthy behavior. CCSC promotes water consumption through colorful, engaging signage at water stations at nine CFHL schools to decrease the consumption of sweetened beverages. Water access posters are hung at the school sites, and students are encouraged to bring their water bottles when using the water station.

Access to Physical Activity Opportunities

This fiscal year, the CCSC CFHL program continued to partner with the CORAL program to provide expanded nutrition learning and sports enrichment to youth attending 15 elementary schools, 3 middle schools, and one youth center in the Franklin-McKinley School District. CCSC implements four physical activity programs at each site: FIT Kids, a conditioning and endurance program; H.I.T.S. (Honest, Inspiration, Teamwork, Sportsmanship), a tennis program; SCORES, a program aimed to empower youth through soccer, poetry, and community service learning; and First Tee, a youth development program that introduces golf to youth who otherwise might not have access to this sport.

This fiscal year, CORAL, with CFHL support, required that each site provide structured physical activity using the FIT Kids curriculum. Schools could choose one additional curriculum to complement FIT Kids. CCSC continued to conduct annual staff training on implementing each program to support these initiatives while the partner organizations provided equipment and lesson plans. Each site administers at least one hour per week of physical activity during the academic year. Sites average about 100 - 120 students, with a combined reach of over 2,000 students. In addition, four SNAP-Ed-funded school sites provide the CFHL physical activity component throughout the summer. Reach numbers vary at those locations.

To complement their direct education and support their PSE efforts, CCSC participated in various indirect education activities and community events. Most events were done in conjunction with the CORAL program or the Franklin McKinley School District. At these fun and engaging events, such as the Spring Camp Family Exhibition Day, CCSC provides healthy snacks and fruit-infused water. In addition, attendees can participate in a popular activity called "Beverage Breakdown," where CCSC staff use a cellphone app to engage with participants about the kinds of drinks they consume throughout the day. Distribution of healthy messaging materials and recipes from *EatFresh.org* reinforce CCSC's nutrition and physical activity themes. CCSC reached 9,234 individuals with their indirect education in FFY 24.

CATHOLIC CHARITIES DIOCESE OF SANTA ROSA



CFHL Evaluation Report

DIRECT EDUCATION



2,692
reached

INDIRECT EDUCATION



7,320
reached

PSE WORK



4,965
reached

In FFY 24, CCSR educated high school-aged youth on healthy eating and physical activity. The CCSR team used the *Food Smarts for Adults* curriculum to provide an engaging one-hour series of five classes. In addition to high school youth, CCSR conducted the *Food Smarts for Adults* series with adults in veteran’s housing, homeless shelters, and affordable residential sites. Topics discussed during the lessons included limiting sugar-sweetened beverages and consuming lean meats and whole grains. The importance of physical activity in helping prevent chronic disease was also discussed.

CCSR also delivered single sessions for adults in Napa and Sonoma Counties. Participants learned about healthy eating, shopping on a budget, decreasing sodium consumption, and staying physically active.

Educators ensured that each session was fun and interactive. Healthy recipes were prepared, and students and adults sampled tasty treats they could make at home from *EatFresh.org*. Supplemental materials, including lesson handouts and the day’s recipe, were provided for participants to take home.

Through their indirect education efforts in FFY 24, the agency reached over 7,300 individuals. Health messaging flyers and recipes were distributed to community members accessing the CCSR food distribution sites. The agency’s ‘Smoothie Bicycle’ was used at health fairs and events to grab kids’ attention. The stationary bicycle is outfitted with a blender that turns on when someone rides it, reinforcing both healthy eating and physical activity.

Evaluation Results – Adult Series Intervention

CC Santa Rosa collected 48 adult surveys using the *Food Behavior Checklist*. Surveys were collected in and near the city of Santa Rosa. Seventy-nine percent of the participants completed the Spanish version of the FBC.

As seen in *Table 42*, across the 16 MT1 healthy eating and drinking survey questions, 12 showed statistically significant ($p < .05$) changes. There was an increase in eating fruits and vegetables, whole grains, and drinking water. Indeed, participants indicated they were eating nearly one-half of a cup of fruit and about one-third of a cup of vegetables more than before the nutrition education class. There was also a significant decrease in the consumption of sugary sodas and sports drinks and an increase in milk consumption with cereal. However, there was no significant increase in the consumption of citrus fruit or 100% juice or fish.

Among the five MT2 food resource management/smart shopping questions, four showed statistically significant changes but there was no significant decrease in running out of food before the end of the month. Indeed, in both pre and post-test about 55% indicated they never run out of food before the end of the month.

All three of the MT3 PA questions showed statistically significant increases. There was a nearly ½ day increase in the number of days of exercising for at least 30 minutes and a three-quarters of a-day increase in muscle strengthening exercises.

The Indicators of Success on the next page summarizes data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the CC Santa Rosa CFHL adult participants. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

TABLE 42 OUTCOME DATA ANALYSIS RESULTS FOR CC SANTA ROSA, ADULT EDUCATION (N = 48)

Survey Question Topic	p-Value	Type of statistically significant change
MT1 Healthy Eating		
1. Eat F&Vs as snacks	.001	Increase
2. Drink sports drinks	<.001	Decrease
3. Citrus fruit or juice	.168	None
4. Drink regular soda	<.001	Decrease
5. Milk with cereal	.038	Increase
6. Cups of fruit	<.001	Increase
7. Cups of vegetables	<.001	Increase
8. Different fruit	.001	Increase
9. Different vegetables	<.001	Increase
10. Drink Milk	.659	None
11. Take skin off chicken	.031	Increase
12. Eat Fish	.256	None
13. Eat >2 vegetables	<.001	Increase
14. Eat whole grains	<.001	Increase
15. Drink low/fat-free milk	.261	None
16. Cups of water	<.001	Increase
MT2 Food Resource Management		
1. Use Nutrition label	<.001	Increase
2. Run out of food	.554	None
3. List before shopping	<.001	Increase
4. Buy low-sodium food	<.001	Increase
5. Buy low-sugar food	<.001	Increase
MT3 Physical Activity		
1. >30 min exercise	.040	Increase
2. Strengthen muscles	.012	Increase
3. Make small changes	<.001	Increase

Indicators of Success

Catholic Charities Diocese of Santa Rosa

48 FBC SURVEYS COLLECTED

ETHNICITY



65% Hispanic/Latine
25% Non-Hispanic/Latine
10% Preferred no response

LANGUAGE



21% Spanish
79% English

AGE



83% 18 - 59
15% 60 - 75
2% 76+

GENDER



58% Female
38% Male
4% Preferred no response

RACE

(CAN HAVE MULTIPLE SELECTIONS)



2% Asian
2% Black
25% Native American
2% Pacific Islander
50% White
19% Preferred no response

KEY INDIVIDUAL IMPACTS

*STATISTICALLY SIGNIFICANT RESULTS

Fruits & Vegetables 1-week recall



92% ate at 1+ cup of veggies each day*



84% ate 1+ cup of fruit each day*



71% eat fruit and veggies as snacks often or every day*

Drink Choices 1-week recall



90% drink 4+ cups of water each day*



96% do not or only sometimes drink sodas*



98% do not or only sometimes drink sports drinks or punch*

Smart Shopping 1-week recall



56% use nutrition facts label while shopping*



83% make a list of ingredients before grocery shopping*



44% buy foods with lower sugar or no sugar added, always or often*

Physical Activity 1-week recall



85% exercise 30+ minutes, 3+ days per week*



60% do muscle strengthening exercises 2+ days per week*



71% make small changes to be active often or always*

Evaluation Results – Youth Series Intervention

A total of 83 *Eating and Activity Tool for Students* (EATS) surveys were completed by students in a classroom via pen-to-paper. The data were entered into Survey Monkey and exported into the Statistical Package for the Social Sciences (SPSS) Ver 29 for descriptive and inferential statistical analysis. The analysis of statistical significance was conducted at alpha = 0.05 and 0.01 levels of significance. A p-value of less than 0.05 indicates a statistically significant change.

As shown in *Table 43* **TABLE 42**, the CC Santa Rosa CFHL direct education intervention showed statistically significant changes in five of the 19 EATS questions. The students significantly increased their consumption of orange, green, and other vegetables. They decreased their consumption of regular sodas. They also significantly decreased their level of sedentary behavior. Among the behaviors that did not result in statistically significant change but can be considered Indicators of Success include 87% eating fruit at least one time yesterday, 70% being physically active at least three days or more last week, and 79% drinking water three or more times yesterday.

The Indicators of Success on the next page summarizes data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the NVCSS CFHL youth participants. The data points may also indicate that respondents practice healthy behaviors such as drinking more water instead of sugary beverages. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

TABLE 43 OUTCOME RESULTS ANALYSIS FOR CC SANTA ROSA, YOUTH EDUCATION (N = 83)

Survey Question Topic	p-Value	Type of statistically significant change
1. Eat any starchy vegetables?	.083	None
2. Eat any orange vegetables?	<.001	Increase
3. Eat any salad or green vegetables?	.014	Increase
4. Eat any other vegetables?	.002	Increase
5. Eat any beans?	.717	None
6. Eat any fruit?	.078	None
7. Drink any fruit juice?	.083	None
8. Eat any bread, tortillas, buns, that were brown?	.346	None
9. Drink any diet soda?	.409	None
10. Drink any punch, sports drinks, or other fruit-flavored drinks?	.657	None
11. Drink any regular soda or soft drinks?	.049	decrease
12. Drink any energy drinks?	.374	None
13. Drink any sweetened coffee or tea drinks?	.095	None
14. Drink any kind of flavored milk?	1.000	None
15. Drink any water?	.540	None
16. What type of milk do you drink most of the time?	.485	None
17. Days of vigorous physical activity for at least 60 minutes per day last week	.644	None
18. Time spent doing PA during PE last week	.497	None
19. Hours of screen time last week on a typical school day Monday through Friday.	.041	Decrease

Indicators of Success

Catholic Charities Diocese of Santa Rosa

131 EATS SURVEYS COLLECTED

ETHNICITY



1% Hispanic/Latine
99% Non-Hispanic/Latine

LANGUAGE



100% English

AGE



14 - 18 years old
Average Age = 15.5

GENDER



46% Female
44% Male
10% Preferred
no response

RACE

(CAN HAVE MULTIPLE SELECTIONS)



2% Asian
4% Black
64% Native American
2% Pacific Islander
37% White
6% Other

KEY INDIVIDUAL IMPACTS

*STATISTICALLY SIGNIFICANT RESULTS

Fruits And Vegetables 1-day recall



71% ate Orange Vegetables 1+ time*



55% ate Starchy Vegetables 1+ time



64% ate a variety of vegetables 1+ time*



66% ate Green Vegetables 1+ time*



84% ate fruit 1+ time

Drink Choices 1-day recall



99% drank water 1+ time*



81% did not drink any regular soda*



84% did not drink any energy drinks



87% did not drink any sports drinks or punch

Physical Activity 1-week recall



70% were physically active 3+ days last week



76% spent most or all of PE class time doing physical activity



58% spent 2 hours or less of recreational screentime*

Policy, Systems, and Environmental Changes

Access to Healthy Food: Healthy Procurement

CCSR formed an agency-wide Wellness Committee in 2016 to establish healthy food procurement and distribution policies for its 4 rural distribution sites, 4 emergency shelters, 2 drop-in centers, affordable housing sites, and programs housed in the agency's offices in Sonoma and Lake Counties. In FFY 25, CCSR plans to reconvene the committee and revisit the agency's nutrition and procurement standards.

In FFY 24, CCSR continued its partnerships with organizations to increase access and availability to farm fresh produce for their clients. Farm to Pantry, a local volunteer-gleaning organization, provided CCSR and its partner sites with boxes of fruits and vegetables for distribution to their low-income recipients. Parents and children benefited from CCSR's Farm to Pantry program at Ortiz Plaza, an affordable housing complex for farmworker families in Santa Rosa. Every week, clients were given one large box of gleaned fruit and one large box of gleaned vegetables. The average weight of each box was 20 pounds, which adds up to over 1,000 pounds of produce per family each year.



At CCSR's Community Resource Center (CRC), the agency continued to offer its clients Community-Supported Agriculture (CSA) produce boxes filled with farm-fresh fruits and vegetables. By using their EBT (Electronic Benefits Transfer) cards, subscribers pay half-price for a CSA box from a local grower. By stretching their food dollars, low-income households can decrease their food insecurity.

CCSR also continued its senior home delivery project in partnership with the agency's Rural Food and Senior Services Programs. This project provides home-bound seniors with about 50 lbs. of carefully selected healthy food each month that meets each client's dietary needs and cooking capabilities. In FFY 24, CCSR was able to serve more seniors in need.

Community Gardens

In FFY 24, CCSR collaborated with teachers, students, residents and volunteers to plant and maintain nine edible school and community gardens. Six were located in Sonoma County, three were CCSR-operated sites, and three were in schools. In addition, CCSR collaborated with two sites in Lake County.

CCSR partnered with two of its housing sites to maintain community gardens. At the Palms Inn, a supported housing site, CCSR assisted residents and volunteers with maintaining the 10 garden beds. In FFY 24, lettuce, kale, and shishito peppers were among the produce that grew in the garden. In addition to the community garden, residents tended their garden plots. At CCSR's homeless shelter, Sam Jones Hall, new soil and plant starts were planted in wine barrel planters to ensure fruits and veggies were available throughout the year. Lettuce, kale, shishito peppers, bell peppers, squash, tomatoes, and zucchini. The gleaned produce was used to prepare healthy meals and clients could also pick the produce.

The garden at the CCSR home offices in Santa Rosa continued to thrive this fiscal year. Strawberries, squash, bell peppers, limes, shishito peppers, and tomatoes were harvested. This gleaned



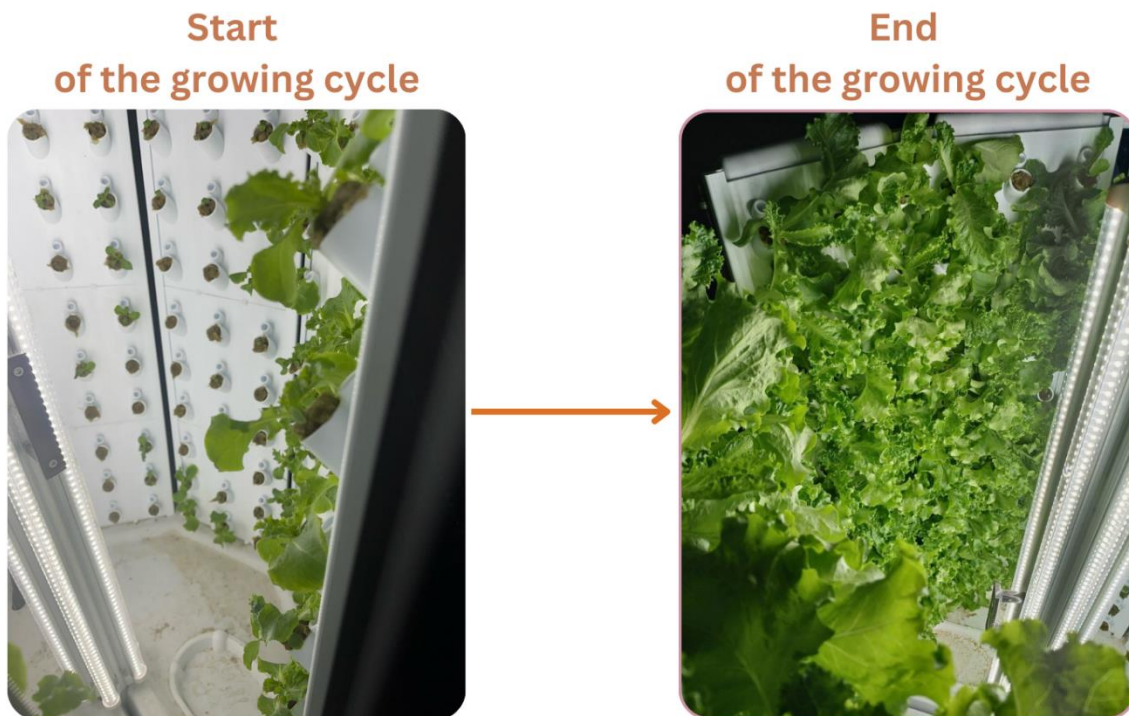
produce is available year-round to clients accessing services at the CCSR offices in Santa Rosa. A colorful produce cart greets clients entering and exiting the building and invites them to take fresh fruits and veggies.

CCSR worked with three schools this year to plant and maintain edible gardens. At Park Side Elementary School, CCSR collaborated with the garden teacher to expand the garden's scope, ensuring the ongoing involvement of students, teachers, and staff. The team secured additional funding and increased engagement within the school community, which allowed more students to be involved in hands-on learning. The fresh produce was used in CFHL nutrition lessons and food recipe demos to reinforce healthy eating habits. Teachers also picked produce to supplement their lunches.

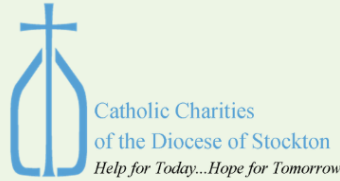
After assisting Piner High School with establishing a school garden in FFY23, CCSR worked to transition the garden to being sustained by the school in FFY24, with support from CFHL staff as needed. Six garden beds were added last fiscal year. The garden now has eight beds to grow tomatoes, peppers, corn, onions, lettuce, cilantro, basil, parsley, and rosemary.

In FFY 24, CCSR offered a special workshop at Elsie Allen High School in collaboration with the School Garden Network. The workshop taught teachers how to utilize school gardens and their produce and provided resources and ideas for making school gardens more sustainable. CCSR also assisted the school with maintaining the edible garden on site and supporting the school's Garden Club.

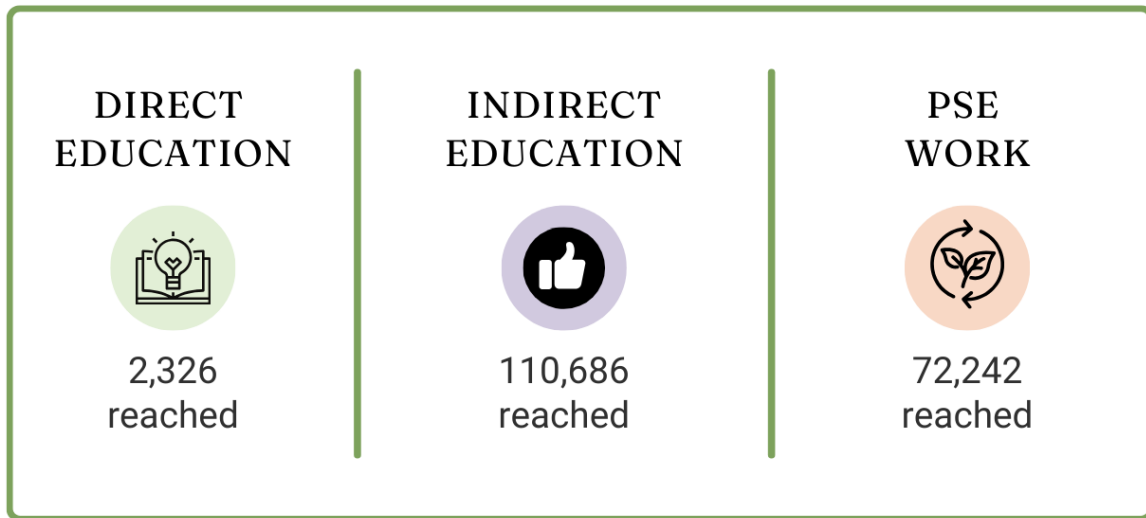
In Lake County, at the Middletown United Methodist Church, CCSR continued to build on last year's successful revitalized garden. Fresh soil was added to the garden beds, and fruits, vegetables, and herb plants were planted. In March 2024, CCSR implemented a Hydroponic Garden Project to help address food insecurity in Lake County. Hydroponic gardens thrive in indoor spaces, use water rather than soil for growing produce, and yield greater harvest than in-ground gardens. The Hydroponic Garden was set up at the Solano Women in Medicine (SWIM) Wellness Center. The center is dedicated to serving women, children, and families and offers a wide range of health and wellness services. Various herbs and vegetables thrived in the garden, including romaine lettuce, sweet Thai basil, parsley, dill, and cilantro. The hydroponic garden helps the center address the immediate need for fresh produce and the long-term goal of fostering healthier lifestyles in the community.



CATHOLIC CHARITIES DIOCESE OF STOCKTON



CFHL Evaluation Report



Throughout FFY 24, CC Stockton (CCST) offered a variety of engaging nutrition education series using three curricula. Food Smarts for Adults has five one-hour sessions, and the Eat Healthy Be Active curriculum provides six one-hour sessions. Lesson topics included “Enjoy Healthy Food that Tastes Great”, “Eating Healthy on a Budget”, and “Activity is Key to Living Well”.

In FFY 24, CCST also delivered its popular *Cooking Matters* series. The series offers six sessions with five lessons, including nutrition education, food preparation, and recipe tasting. To keep participants engaged, staff continues to incorporate best practices such as using culturally relevant foods, providing materials in multiple languages, and using vibrant visuals through participatory and hands-on learning.

CCST delivered single sessions at schools and food assistance partner sites using the *Food Smarts for Adults* curriculum. In addition, the agency used the *Be Healthy, Be Active Community Workshops* curriculum to deliver single-session classes at colleges, community centers, and grade schools.

CCST incorporated indirect education to enhance its direct education and PSE efforts. Healthy recipes were posted on parishes’ websites, and recipe cards were added to food bags at food distributions. CCST’s indirect education activities reached 110,686 individuals in San Joaquin and Stanislaus Counties.

Evaluation Results – Adult Series Intervention

CC Stockton collected 81 adult surveys using the *Food Behavior Checklist*. Surveys were collected in the San Joaquin County cities of Stockton and Tracy and the Stanislaus County cities of Modesto and Riverbank. Seventy-nine percent of the participants completed the Spanish version of the FBC.

As seen in *Table 44*, across the 16 MT1 healthy eating and drinking survey questions, 15 showed statistically significant ($p < .05$) changes. There was an increase in eating fruits and vegetables, grains, lean meats such as fish and chicken, and drinking water. Indeed, participants indicated they were eating nearly two-thirds of a cup of fruit and about one-half of a cup of vegetables more than before the nutrition education class. There was also a significant decrease in the consumption of sugary beverages and an increase in milk consumption with cereal. However, there was no significant decrease in drinking sugary sports drinks.

Among the five MT2 food resource management/smart shopping questions, four showed statistically significant changes but there was no significant decrease in running out of food before the end of the month. Indeed, 61% of respondents ran out of food sometimes, often, or always at pre-test and 64% at post-test.

All three of the MT3 PA questions showed statistically significant increases. There was a nearly 1-day increase in the number of days of exercising for at least 30 minutes and three-fourths of half-day in doing muscle strengthening exercises.

The Indicators of Success on the next page summarizes data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the CC Stockton CFHL adult participants. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

TABLE 44 OUTCOME DATA ANALYSIS FOR CC STOCKTON (N = 81)

Survey Question Topic	p-Value	Type of statistically significant change
MT1 Healthy Eating		
1. Eat F&Vs as snacks	<.001	Increase
2. Drink sports drinks	.300	None
3. Citrus fruit or juice	<.024	Increase
4. Drink regular soda	<.001	Decrease
5. Milk with cereal	<.011	Increase
6. Cups of fruit	<.001	Increase
7. Cups of vegetables	<.001	Increase
8. Different fruit	<.001	Increase
9. Different vegetables	<.001	Increase
10. Drink Milk	.003	Increase
11. Take skin off chicken	<.001	Increase
12. Eat Fish	<.005	Increase
13. Eat >2 vegetables	<.001	Increase
14. Eat whole grains	<.001	Increase
15. Drink low/fat-free milk	<.003	Increase
16. Cups of water	<.001	Increase
MT2 Food Resource Management		
1. Use Nutrition label	<.001	Increase
2. Run out of food	0.582	None
3. List before shopping	<.001	Increase
4. Buy low-sodium food	<.001	Increase
5. Buy low-sugar food	<.001	Increase
MT3 Physical Activity		
1. >30 min exercise	<.001	Increase
2. Strengthen muscles	<.001	Increase
3. Make small changes	<.001	Increase

Indicators of Success

Catholic Charities Diocese of Stockton

81 FBC SURVEYS COLLECTED

ETHNICITY



85% Hispanic/Latine
7% Non-Hispanic/Latine
8% Preferred no response

LANGUAGE



21% Spanish
79% English

AGE



79% 18 - 59
21% 60 - 75

GENDER



91% Female
9% Male

RACE

(CAN HAVE MULTIPLE SELECTIONS)



67% White
33% Preferred no response

KEY INDIVIDUAL IMPACTS

*STATISTICALLY SIGNIFICANT RESULTS

Fruits & Vegetables 1-week recall



91% ate at 1+ cup of veggies each day*



86% ate 1+ cup of fruit each day*



72% eat fruit and veggies as snacks often or every day*

Drink Choices 1-week recall



85% drink 4+ cups of water each day*



88% do not or only sometimes drink sodas*



84% do not or only sometimes drink sports drinks or punch

Smart Shopping 1-week recall



58% use nutrition facts label while shopping*



56% make a list of ingredients before grocery shopping*



58% buy foods with lower sugar or no sugar added, always or often*

Physical Activity 1-week recall



79% exercise 30+ minutes, 3+ days per week*



67% do muscle strengthening exercises 2+ days per week*



49% make small changes to be active often or always*

Evaluation Results – Adult Intervention with Cooking Matters Curriculum

CC Stockton collected 49 matched pre and post-test *Cooking Matters* surveys from adult participants via pen-to-paper. The following tables show the results for questions that are consistent with the SNAP-Ed Evaluation Framework’s MT1 Healthy Eating and MT2 Food Resource Management outcome indicators. There are no MT3 Physical Activity questions in the survey. There is also a table that shows pre and post-levels of self-confidence in buying healthy ingredients and cooking healthy meals for the family.

Questions Related to MT1 Healthy Eating Behaviors

As shown in *Table 45* the analysis of 16 questions related MT1 Healthy Eating Behaviors revealed eight questions that showed a statistically significant change from pre to post-test. There was a statistically significant increase in six healthy eating and drinking behaviors: an increased consumption of fruits, green salad, and other non-fried vegetables. There was also an increase in the consumption of 100% fruit juice and in eating and drinking low-fat dairy products. Finally, two healthy eating questions showed significant increases in eating a timely breakfast and in eating from the five food groups each day. An encouraging behavior that did not show a statistically significant change was that 69% of respondents were drinking sugar-sweetened beverages such as soda once a week or less or not at all.

TABLE 45 MT1 HEALTHY EATING BEHAVIORS (N = 49)

Survey Questions (n = 49)	p-Value	Type of statistically significant change
1. Eat fruit like apples, bananas, melons, or other fruit	.046	Increase
2. Eat Green salad	<.001	Increase
3. Eat French fries or other fried potatoes like home fries, hash browns, or tater tots	.261	None
4. Other kinds of non-fried potatoes	.404	None
5. Eat Refried, baked, pinto, black, or other cooked beans	.308	None
6. Eat Non-fried vegetables like carrots, broccoli, and green beans	.045	Increase
7. Times a week typically eat a meal from a fast food restaurant?	.700	None
8. 100% fruit juice like orange, apple, or grape juice	.002	Increase
9. A can, bottle, or glass of regular soda, sports drink, or energy drink	1.000	None
10. A bottle or glass of water	.122	None
11. When you have milk, how often do you choose low-fat (skim or 1%)	.004	Increase
12. How often do you choose to eat low-fat or fat-free dairy products	<.001	Increase
13. How often do you choose to eat whole-grain products like bread, pasta, and rice	.159	None
14. When you eat at fast food or sit-down restaurants, how often do you choose healthy foods	.079	None
15. How often do you eat breakfast within two hours of waking up?	<.001	Increase
16. How often do you eat food from each food group every day?	<.001	Increase

Scales: Ques: 1-10. 1=Not all, 2= Once a week or less, 3= More than once a week, 4= Once a day, 5= More than once a day; Ques: 11-16. 1=Never, 2=Rarely, 3= Some-times, 4= Often, 5= Always, 6= Does not Apply.

Questions Related to MT2 Food Resource Management Behaviors

As seen in *Table 46*, the 10 MT2 resource management questions have been divided across Healthy Shopping, Smart Shopping, and Healthy Cooking Behaviors. Participants showed a statistically significant increase in the healthy shopping

behaviors of buying low-sodium food and lean meats. They also all showed statistically significant increases in smart shopping behaviors such as comparing prices, planning meals, using a grocery list, and reading the nutrition facts labels when shopping. Finally, they showed significant increases in preparing meals from scratch using healthy budget-friendly ingredients, making budget-friendly meals, and adjusting meals to include healthier ingredients.

TABLE 46 MT2 FOOD RESOURCE MANAGEMENT BEHAVIORS (N = 49)

Survey Questions (n = 49)	p-Value	Type of statistical significance change
Healthy Shopping Behaviors		
How often do you choose low-sodium options when you buy packaged foods	<.001	Increase
When you buy meat or protein, how often do you choose lean or low-fat, 90% or above lean ground beef, or beans	.001	Increase
Smart Shopping Behaviors		
How often do you compare prices before you buy food?	.004	Increase
How often do you plan meals ahead of time?	<.001	Increase
How often do you use a grocery list when you go grocery shopping?	<.001	Increase
How often do you worry that your food might run out?	1.000	None
How often do you use the “nutrition facts” on food labels?	<.001	Increase
Healthy Cooking Behaviors		
How often do you make homemade meals “from scratch” using mainly basic whole ingredients like vegetables, raw meats, rice, etc.?	.030	Increase
How often do you adjust meals to include specific ingredients that are more “budget-friendly,” like those on sale or in your refrigerator or pantry?	.003	Increase
How often do you adjust meals to be more healthy, like adding vegetables to a recipe, using whole-grain ingredients, or baking instead of frying?	<.001	Increase

Scale. Ques: 17-19: 1=Strongly Disagree, 2=Disagree, 3= Neither Agree nor Disagree, 4= Agree, 5= Strongly Agree. Ques: 20-29: 1=Never, 2=Rarely, 3= Some-times, 4= Often, 5= Always, 6= Does not Apply.

Questions 17 – 19 and 30 – 35: Attitudes Towards Cooking and Healthy Foods Self-Confidence

As shown in *Table 47*, although there was no statistically significant change in participants' feeling that cooking is frustrating from pre to post-test, there was a statistically significant decrease in participants' feeling that cooking takes too much time and a decrease in feeling it was too much work. This may be due to the courses' inclusion of not only recipe food demonstrations by the educators but also the built-in opportunities for the participants to prepare the course recipes in class.

TABLE 47 ATTITUDES TOWARDS COOKING, SHOPPING, AND HEALTHY EATING BEHAVIORS (N = 49)

Survey Questions (n = 49)	p-Value	Type of statistical significance change
Cooking takes too much time	<.001	Decrease
Cooking is frustrating	.506	None
It is too much work to cook	.004	Decrease

Scale: 1=Strongly Disagree, 2=Disagree, 3= Neither Agree nor Disagree, 4= Agree, 5= Strongly Agree.

As noted in *Table 48*, participants' confidence levels showed statistically significant increases in all six healthy food-related questions. Participants reported an increase in self-confidence related to their cooking skills, including using the

same healthy ingredients in more than one meal, using basic cooking skills such as chopping fresh produce, measuring ingredients, following a recipe, and cooking healthy foods for their family on a budget. Indeed, at the post-test, 73% of the participants indicated that they prepared at least one of the course recipes at home for their family. Participants also reported a significant increase in their shopping self-confidence, indicating they can choose the best-priced fruits and vegetables when they shop and that they can buy healthy foods on a budget and still help their family eat healthier.

TABLE 48 SELF CONFIDENCE RATING RELATED TO HEALTHY FOODS (N = 49)

Survey Questions (n = 49)	p-Value	Type of statistical significance change
How confident are you that you can use the same healthy ingredient in more than one meal?	<.001	Increase
How confident are you that you can choose the best-priced form of fruits and vegetables (fresh, frozen, or canned)?	.040	Increase
How confident are you that you can use basic cooking skills, like cutting fruits and vegetables, measuring out ingredients, or following a recipe?	.018	Increase
How confident are you that you can buy healthy foods for your family on a budget?	<.001	Increase
How confident are you that you can cook healthy foods for your family on a budget?	<.001	Increase
How confident are you that you can help your family eat more healthy	<.001	Increase

Scales: Ques 30-35: 1=Not at all confident, 2= Not very confident, 3= Neutral, 4=Somewhat confident, 5= Very confident, 6= Does not Apply.

INDICATORS OF SUCCESS

Catholic Charities of California

49 COOKING MATTERS SURVEYS COLLECTED

ETHNICITY



59% Hispanic/Latine
41% Non-Hispanic/Latine

LANGUAGE



43% English
57% Spanish

AGE



37% 18 - 59
63% 60 - 75

GENDER



90% Female
10% Male

RACE

(CAN HAVE MULTIPLE SELECTIONS)



32% Asian
6% Pacific Islander
45% White
17% Preferred no response

KEY INDIVIDUAL IMPACTS

*STATISTICALLY SIGNIFICANT RESULTS

Healthy Eating Behaviors scaled responses



Increase in eating fruit*



Increase in eating green salad*



Increase in eating non-fried vegetables*



Increase in eating from each food group, daily*



Increase in choosing low-sodium options*

Food Resource Management scaled responses



Increase in choosing lean or low-fat proteins*



Increase in comparing prices before purchase*



Increase in using a grocery list when shopping*



Increase in using the nutrition facts label when shopping*



Increase in making homemade meals from "scratch"*

Confidence in Healthy Cooking scaled response



Decrease belief that cooking takes too much time*



Decrease belief that cooking is too much work*



Increase confidence in buying healthy foods on a budget*



Increase confidence in cooking healthy foods on a budget*



Increase confidence in using the same healthy ingredient in >1 meal*

Evaluation Results – Adult Intervention Single Sessions

A total of 306 *Intent to Change* (ITC) surveys were collected in FFY 24 by CC Stockton. All of the surveys were gathered in a classroom setting via pen-to-paper. Twenty-nine percent of the surveys were collected with the Spanish version of the ITCs and 71% were in English.

As shown in *Table 49*, the percentage of those not practicing healthy behaviors ranged from 25% who did not eat fruit at least 2 times a day to 58% not eating from the five food groups each day. Eating from the five food groups (89%) and eating more fruit (80%) all had high levels of intent to change. However, only half (53%) indicated they would eat a breakfast that includes at least 3 food groups next time.

TABLE 49 INTENT-TO-CHANGE BEHAVIOR RELATED TO INCREASE THE CONSUMPTION OF HEALTHY FOODS AND BEVERAGES

During the past week, did you...	Total (n)	% not practicing healthy behavior	# not practicing healthy behavior	% and # not practicing the healthy behavior who intend to “More Often” within the next week
Eat foods from all 5 food groups each day?	201	58%	117	89% (104)
Eat fruit at least 2 times a day?	20	25%	5	80% (4)
Eat a breakfast that includes at least 3 food groups?	85	38%	32	53% (17)
Combined: During the past week did you eat healthy foods?	306	50%	154	81% (125)

Summary

Overall, across the 154 respondents who were not practicing the three healthy eating behaviors in the past week, four out of five (81%) intend to do those behaviors more often in the coming week.

Policy, Systems, and Environmental Changes

Access to Healthy Food: Healthy Procurement

CCST implemented nutrition standards for procuring healthy foods through its food bank in 2017. It also launched the Healthy Food Bag Program to provide clients with pre-bagged, nutritious options low in fat, sodium, and sugar. Following

the relocation of their offices in FFY 24, which limited food bank capacity, CCST adopted a new healthy food distribution model, partnering with community organizations to deliver fresh produce and canned goods to residents in need of emergency food. This model included revising the Healthy Food Bag to serve low-income seniors and individuals with disabilities who lacked transportation to access the food bank.



In FFY 24, CCST collaborated with 11 food pantries to serve the community needing emergency food. Partner sites included churches and community centers that addressed food insecurity through healthy food distributions. The partners distributed canned goods, meat, bread, shelf-stable products, and fresh produce. Some also incorporated CCST's Healthy Food Bag model

when they distribute food. At most distributions, individuals could access the pantries weekly or biweekly. The 11 community partners served over 20,000 individuals in FFY 24. In addition, the CCST food bank served 7,641 individuals in FFY 24 through its monthly food distribution, furthering the agency's mission to improve community health through better food access.

Collaborations with organizations like Leah's Pantry's *Nutrition Pantry Program* ensured a continued focus on improving client-centered services, offering training and resources for food pantries, and recognizing improvements through certification.

Community Gardens

Due to limitations at the new CCST office site, establishing an in-ground edible garden was not feasible, prompting a shift to using garden planters. CCST secured large pots, soil, and mulch, successfully growing various produce, including parsley, mint, kale, jalapeños, cherry tomatoes, and banana peppers. In July 2024, they showcased jalapeños in a food demonstration at the Garden Acres Community Center, with excess produce from the food bank's garden. CCST plans to incorporate this produce into future workshops, teaching participants how to grow ingredients for healthy recipes at home.

In FFY 24, CCST partnered with Taft Community Center to introduce garden-based education to youth in their after-school program. Students learned basic gardening and the benefits of composting while planting small pots to take home. Following the success of these workshops, a discussion was held about relocating a raised garden, which yielded tomatoes, eggplants, and carrots.

Liberty Square, a low-income apartment complex, became another community garden partner that successfully advanced health and well-being through gardening and walking initiatives. Starting in January 2024, the Property Manager partnered with CFHL. CCST conducted a garden workshop to teach sustainable gardening practices and inspired participants to create self-watering containers and compost. A community champion volunteered to assist with planting and garden maintenance, contributing coffee grounds as a soil amendment. CCST supported the initiative with soil, mulch, seedlings, and gardening resources for two portable garden



boxes. Throughout FFY24, various crops, including lettuce, beets, peas, garlic, kale, jalapeños, cucumbers, and habaneros, were planted as CCST continued to offer workshops and support for the garden.

CCST also emphasized teaching young children about food sources through engaging activities. At Valle del Sol, a low-income housing site, they organized a scavenger hunt, and kids got to participate by hunting for gardening tools and materials. They followed the hunt with a reading of *“Potter the Otter: A Tale About Water,”* encouraging healthy beverage choices. At the Casa de Esperanza and Wysteria Head Start programs, CCST educators led fun interactive activities, allowing children to vote on which vegetables to plant in their garden beds and reinforcing lessons about fruits and vegetables through coloring and story time.

Access to Physical Activity Opportunities

After successfully implementing gardening workshops at Liberty Square, CCST initiated a Walking Club, encouraging residents to engage in regular group walks and stretching exercise sessions. In March '24, CCST expanded the initiative by forming a walking club for residents of Gleason Park Apartments, where participants engaged in stretches and walked 4-5 laps in a nearby park, about 1.25 Miles.

Additionally, CCST organized various health and nutrition initiatives at St. George’s Catholic School and Casa de Esperanza, which included outreach, fitness sessions, and engaging gardening projects for children.

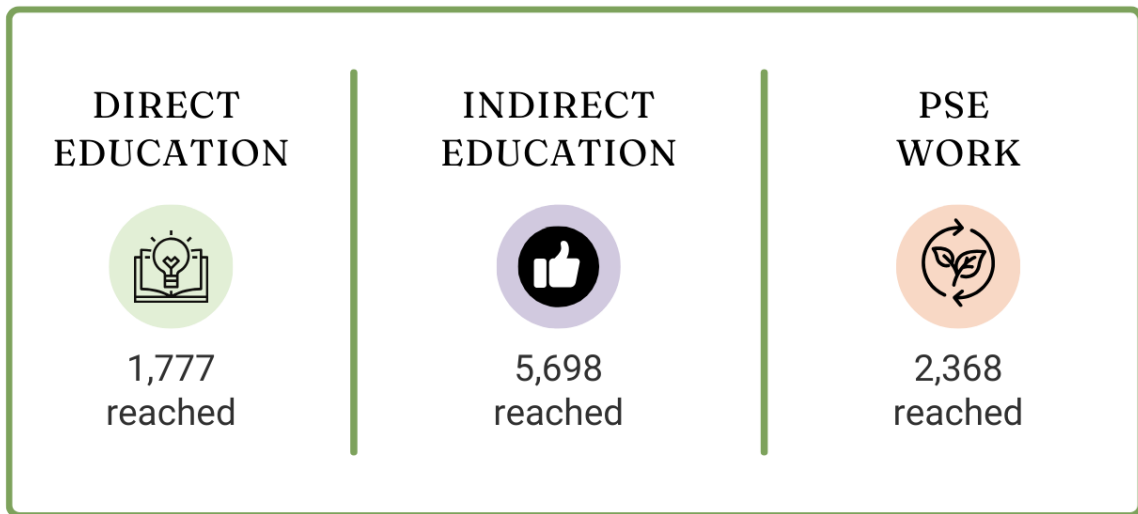
In July 2024, a new walking club began for St. Edward Catholic Church parishioners. The walking club explores different routes and scenic spots each week, such as Garden Acers Park. Participants enjoy infused water after their walks. As the club progressed, participants connected well and enhanced the enjoyment of the walks by maintaining an active lifestyle. The Walking Club and gardening initiatives exemplify a successful community engagement model, promoting residents' health and well-being.



CATHOLIC CHARITIES OF YOLO-SOLANO



CFHL Evaluation Report



Catholic Charities of Yolo-Solano Counties (CCYS) engaged adult participants in informative and impactful nutrition education classes in FFY 24. The CFHL program used the *Food Smarts for Adults and Eat Smart Live Strong* series curricula to reach adults and older adults. Each session addressed various topics, including the five food groups: *MyPlate*, *ReThink Your Drink*, food label reading, shopping on a budget, and chronic disease prevention through physical activity.

CCYS also used the *Food Smarts Waste Reduction* series adult curriculum, which helps build cooking and nutrition skills while helping reduce household food waste. Each CFHL nutrition class contained visually engaging presentations with participatory, hands-on, and interactive activities. Supplemental materials included *Choose MyPlate* tip sheets, *ReThink Your Drink*, and *EatFresh.org* healthy recipes.

A single session for youth included fun interactive activities. Students made healthy food collages, learned the basics of kitchen safety, practiced reading a recipe, and assisted in making healthy treats such as a Peach Coconut Milk Smoothie. CCYS conducted various indirect activities in FFY 25 to complement their direct education and PSE work that reached over 5,000 individuals in Yolo and Solano Counties. Colorful take-home newsletters engaged early childhood education parents with healthy messages. Class promotional activities such as food demo parties highlighted healthy recipes and enticed new adult participants to enroll in a nutrition series. Community outreach at local events, including the Yolo Farmworker Festival and the Yolo County Fair, showcased the CFHL program. CCYS also had a significant social media presence in FFY 24, where they highlighted key messages such as the importance of eating a rainbow of fruits and vegetables.

Evaluation Results – Adult Series Intervention

CC Yolo Solano collected 26 adult surveys using the *Food Behavior Checklist*. Surveys were collected in the Yolo and Solano County cities of Vallejo and Fairfield. Sixty-five percent of the participants completed the English version of the FBC.

As seen in *Table 50*, across the 16 MT1 healthy eating and drinking survey questions, 2 showed statistically significant ($p < .05$) changes. There was an increase in eating nearly one-quarter of a cup of fruit and about one-third cup of vegetables more than before the nutrition education class.

Among the five MT2 food resource management/smart shopping questions, none showed statistically significant changes.

None of the MT3 PA questions showed statistically significant increases.

The Indicators of Success on the next page summarize data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the CC Yolo Solano CFHL adult participants. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

TABLE 50 OUTCOME DATA ANALYSIS RESULTS FOR CC YOLO SOLANO (N = 26)

Survey Question Topic	p-Value	Type of statistically significant change
MT1 Healthy Eating		
1. Eat F&Vs as snacks	.703	None
2. Drink sports drinks	.611	None
3. Citrus fruit or juice	.376	None
4. Drink regular soda	.502	None
5. Milk with cereal	.664	None
6. Cups of fruit	.050	Increase
7. Cups of vegetables	.014	Increase
8. Different fruit	.814	None
9. Different vegetables	.356	None
10. Drink Milk	.824	None
11. Take skin off chicken	.611	None
12. Eat Fish	1.000	None
13. Eat >2 vegetables	.119	None
14. Eat whole grains	.862	None
15. Drink low/fat-free milk	.083	None
16. Cups of water	.478	None
MT2 Food Resource Management		
1. Use Nutrition label	.119	None
2. Run out of food	.713	None
3. List before shopping	.327	None
4. Buy low-sodium food	.307	None
5. Buy low-sugar food	.397	None
MT3 Physical Activity		
1. >30 min exercise	.327	None
2. Strengthen muscles	.307	None
3. Make small changes	.397	None

Indicators of Success

Catholic Charities Diocese of Yolo Solano

26 FBC SURVEYS COLLECTED

ETHNICITY



42% Hispanic/Latine
46% Non-Hispanic/Latine
12% Preferred no response

LANGUAGE



65% English
35% Spanish

AGE



12% 18 - 59
65% 60 - 75
23% 76+

GENDER



85% Female
15% Male

RACE

(CAN HAVE MULTIPLE SELECTIONS)



8% Native American
11% Asian
8% Black
8% Pacific Islander
61% White
4% Preferred no response

KEY INDIVIDUAL IMPACTS

*STATISTICALLY SIGNIFICANT RESULTS

Fruits & Vegetables 1-week recall



85% ate at 1+ cup of veggies each day*



73% ate 1+ cup of fruit each day*



39% eat fruit and veggies as snacks often or every day

Drink Choices 1-week recall



72% drink 4+ cups of water each day



92% do not or only sometimes drink sodas



73% do not or only sometimes drink sports drinks or punch

Smart Shopping 1-week recall



54% use nutrition facts label while shopping



60% make a list of ingredients before grocery shopping



56% buy foods with lower sugar or no sugar added, always or often

Physical Activity 1-week recall



73% exercise 30+ minutes, 3+ days per week



60% do muscle strengthening exercises 2+ days per week



40% make small changes to be active often or always

Policy, Systems, and Environmental Changes

In FFY 24, CCYS used four main strategies to enhance community health: improving nutrition standards, upholding healthy food pantries, establishing Little Food Pantries for redistributing food, and promoting access to physical activity opportunities.

Healthy Food Pantry

Maintaining nutrition standards in keeping with the *Nutrition Pantry Program* (NPP) was an essential part of CCYS programming in FFY 24. The NPP grants one of three levels of certification to food pantries that demonstrate high standards by distributing healthy foods in a client-centered setting. CCYS applied for and reached the highest ranking of NPP certification, a Gold award in August 2023. To achieve that level, CCYS worked to improve the food pantry by focusing on food waste reduction and new procedures, such as composting dated produce. They also developed an Operations Manual, a Volunteer Handbook, and Nutrition Policy Guidelines, including a letter to donors outlining nutritional guidelines for donated foods. Nutrition posters available in English and Spanish and a bulletin board with information on

upcoming nutrition classes were added along with tasty recipe tips.

The newly revamped food pantry now operates like a grocery store. Clients move through aisles of groceries set up in MyPlate sections, e.g., protein, veggies, dairy, etc.



In FFY 24, CCYS renewed its focus on nutrition education by increasing the visibility of nutrition messaging, especially for non-English speakers. For instance, new poster displays and flyers offered step-by-step instructions and the nutritional benefits of budget-friendly recipes in Spanish. They launched a monthly newsletter featuring nutrition updates, pantry news, and a “recipe of the month” to provide practical, healthy meal ideas for families relying on the pantry. The food pantry serves a diverse community. In FFY 24, they reached 683 individuals with a wide selection of nutritious items, including fresh fruits and vegetables, whole grains, low-sodium canned goods, lean protein, and dairy products.

Access to Healthy Food: Food Waste Reduction Recovery and Redistribution

In May 2024, outreach was initiated with Fairfield Adult School regarding their carpentry program’s assistance in building little free food pantries. Free Little Pantries can operate similarly to a free little library, which operates on a “*take what you need, leave what you can*” principle. In the case of CCYS, they planned to increase food security by providing shelf-stable foods in neighborhoods with little or no access to healthy food. Materials were purchased in August 2024, and the Norman King Community Center in Vacaville was confirmed as the first site to host a pantry. Construction was completed in September 2024.

The partnership with the Fairfield Adult School’s carpentry program and assistance from community volunteers who helped with the construction ensured the development of the second free little pantry at the Alamo Garden Apartments by mid-September 2024. Local community organizations like Leaven Kids and CFHL collaborated to identify needs, plan logistics, and ensure pantry accessibility for the residents. Leaven Kids, a nonprofit organization, provides an educational and enrichment program to underserved children in an after-school setting to promote academic achievement, physical health, and personal development.

Following this success, CCYS held informative meetings in the summer of FFY 24 that led to signed agreements, material purchases, and the beginning of construction of three similar initiatives of free pantry installations in the City of Vallejo. Free Little Pantries at Parkway Plaza and Longshore Cove Apartments, two residential communities, were completed in September 2024. In addition, a fourth pantry was constructed at Tabor Head Start.

Access to Physical Activities Opportunities

In March 2024, CCYS collaborated with Leaven Kids at the Norman King Community Center to introduce a new stencil activity to promote physical activity among children. In this context, stencils are large, reusable templates that are laid on the ground to create playful, educational designs when filled in with chalk or paint. After initial planning in May, meetings were held to confirm interest and logistics, and by June, stencils such as *Hopscotch*, *Log Jump*, and *Marching Ants* were painted on the blacktop by teams from CFHL and CalFresh Outreach. Another stencil project at the Dixon Migrant Center was initiated and completed in FFY 24. It aimed to enhance the center’s play area for children by engaging them in fun physical activities. After identifying optimal locations for six stencils in late July 2024, the team involved the children in filling in the designs with chalk.

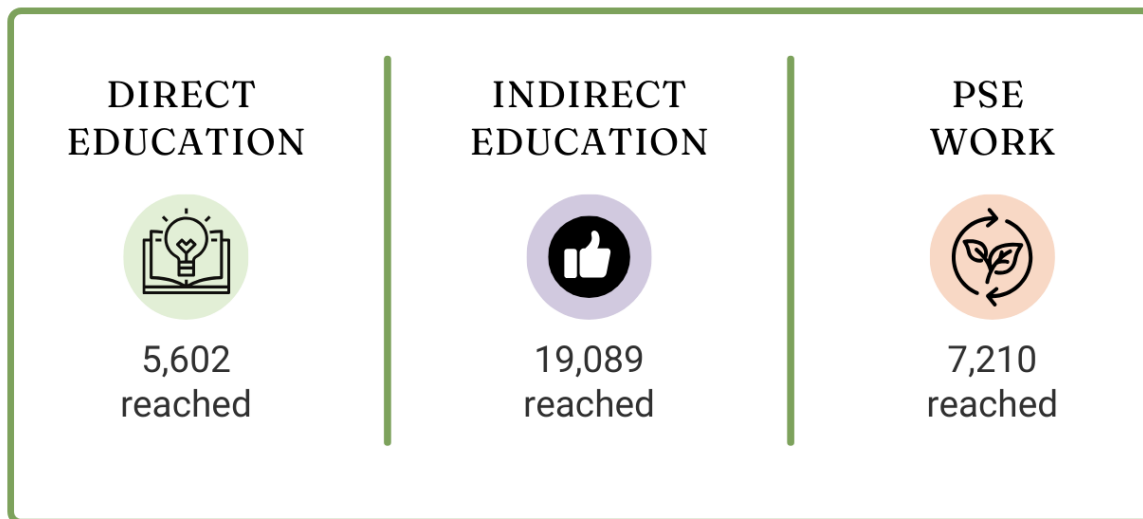
CCYS conducted pre-assessments before each playground stencil project and after project completion to assess what factors contributed to its success. The importance of involving teachers and youth, site preparation, and effective teamwork were key takeaways that made these projects successful.



NORTHERN VALLEY CATHOLIC SOCIAL SERVICES



CFHL Evaluation Report



Northern Valley Catholic Social Services (NVCSS) provides a combination of health and wellness services across six counties in Northern California. In FFY 24, NVCSS used *the Food Smarts for Kids* five-session 60-minute series, conducted in English, to deliver in-person nutrition education at nine elementary school sites in Shasta County.

Food Smarts for Kids is a learner-centered interactive nutrition education curriculum developed for low-income and low-literacy youth and adults. Lessons focus on key topics, including food groups, healthy beverage consumption, food label reading, and physical activity promotion. Classes engage youth with participatory and interactive activities, including food demonstrations and recipe tastings when possible.

The agency used the *Discover MyPlate* curriculum to teach single sessions to kindergarten children. This interactive curriculum reinforces math, reading, and science skills while teaching children to make healthy food choices and be physically active. *Fresh from the Garden*, a garden-based nutrition education curriculum, was another program NVCSS used to teach lessons for preschool and elementary school children in Shasta County.

NVCSS used the *Food Smarts for Adults* curriculum to reach adults with single-session classes in Siskiyou and Shasta Counties. The curriculum offers similar nutrition content and interactive sessions as the youth curriculum.

NVCSS continued to complement its direct education and PSE activities in FFY 24 with healthy messaging videos posted on Facebook—posts generated between 1,800 and 2,300 monthly views. Videos included Tuesday Tips, Wellness Wednesdays, and Fitness Fridays. The agency’s newsletter also gets posted on social media, and printed newsletters are posted on school bulletin boards and at the NVCSS offices. Their indirect education reached nearly 20,000 individuals in FFY 24.

Evaluation Results – Adult Series Intervention

A total of 799 *Eating and Activity Tool for Students (EATS)* surveys were completed by students in a classroom via pen-to-paper. The data were entered into Survey Monkey and exported into the Statistical Package for the Social Sciences (SPSS) Ver 29 for descriptive and inferential statistical analysis. The analysis of statistical significance was conducted at alpha = 0.05 level of significance. A p-value of less than 0.05 indicates a statistically significant change.

As shown in *Table 51*, the NVCSS CalFresh Healthy Living school intervention showed statistically significant changes in eight of the 19 EATS questions. The students significantly increased their consumption of starchy vegetables, orange vegetables, green vegetables, fruit, and brown grains. They also significantly increased the amount of time doing physical activity during their school PE class and increased their vigorous physical activity in and out of school by one-third of a day in the last week. Among the behaviors that did not result in statistically significant change but can be considered Indicators of Success that include encouraging behaviors such 64% did not drink regular sodas, 85% did not drink diet-sodas, and 97% drank water at least one time yesterday.

The Indicators of Success on the next page summarize data points that highlight the statistically significant changes and other behaviors that did not show statistically significant change but whose responses indicated encouraging pre-post percentage changes that may be a prelude to significant change for the NVCSS CFHL youth participants. They also may indicate that respondents are practicing healthy behaviors such as drinking more water instead of sugary beverages. The data points are consistent with medium-term MT1, MT2, and MT3 indicator outcome measures identified in the 2016 USDA SNAP-Ed Evaluation Framework.

TABLE 51 OUTCOME DATA ANALYSIS RESULTS FOR NVCSS (N = 799)

Survey Question Topic	p-Value	Type of statistically significant change
1. Eat any starchy vegetables?	<.001	Increase
2. Eat any orange vegetables?	<.001	Increase
3. Eat any salad or green vegetables?	<.001	Increase
4. Eat any other vegetables?	<.001	Increase
5. Eat any beans?	.051	None
6. Eat any fruit?	<.001	Increase
7. Drink any fruit juice?	.417	None
8. Eat any bread, tortillas, buns, that were brown?	.040	Increase
9. Drink any diet soda?	.528	None
10. Drink any punch, sports drinks, or other fruit-flavored drinks?	.108	None
11. Drink any regular soda or soft drinks?	.365	None
12. Drink any energy drinks?	.093	None
13. Drink any sweetened coffee or tea drinks?	.454	None
14. Drink any flavored milk or milk-type drinks?	.256	None
15. Drink any water?	.837	None
16. What type of milk do you drink most of the time?	.667	None
17. Days of vigorous physical activity for at least 60 minutes per day last week	<.006	Increase
18. Time spent doing PA during PE last week	.039	Increase
19. Hours of screen time last week on a typical school day Monday through Friday.	.148	None

Indicators of Success

NVCSS

799 EATS SURVEYS COLLECTED

LANGUAGE



100% English

GENDER



46% Female
50% Male
1.5% Non-Binary
3% Prefer no response

AGE



100% 9 - 14
Average Age = 11.4

ETHNICITY



70.3% Latine
29% Non-Latine

RACE

(CAN HAVE MULTIPLE SELECTIONS)



15.5% Asian
7.8% Black
22.4% Native American
3.9% Pacific Islander
58.3% White
17.6% Other

KEY INDIVIDUAL IMPACTS

*STATISTICALLY SIGNIFICANT RESULTS

Fruits And Vegetables 1-day recall



45% increase*
in eating
Orange
Vegetables



27% increase*
in eating
Starchy
Vegetables



24% increase*
in eating a
variety of
vegetables



18%
increase* in
eating green
vegetables



14% increase*
in eating
fruits

Drink Choices 1-day recall



97% drank
water 1+ time



85% did not
drink any
diet sodas



83% did not
drink any
energy drinks



62% did not
drink any
sports drinks
or punch

Physical Activity 1-week recall



85% were
physically
active 3+ days
last week*



62% spent
most or all of
PE class time
doing physical
activity*



33% were
physically active
for at least 60
minutes per day,
last week*

Policy, Systems, and Environmental Changes

Access to Healthy Food: Nutrition Standards

In FFY 24, NVCSS built on the agency's success in FFY 22-23 to promote healthy procurement and distribution of nutritious meals for residents at four treatment centers, group living sites, emergency shelters, and the NVCSS offices. The standards reached 345 adults and children in FFY 24. Throughout the 2023/24 academic year, NVCSS partnered with the After School Community Education (ACE) program to develop nutrition standards for six school sites in Shasta County. During the development process, the partners reviewed the proposed standards and examined barriers to enacting the policies. The policy was implemented for all ACE sites at the start of the 2024/25 academic year. The adopted policy "prioritizes offering students healthy foods that align with the USDA Dietary Guidelines and limits the availability of unhealthy food and beverages, including items sold on campus".



Access to Healthy Food: Behavioral Economics

In FFY 22, NVCSS pioneered a self-developed comprehensive approach to increase the availability of healthy food for school-age children attending Shasta County schools and decrease food insecurity. Research has shown an association between food insecurity and learning and health problems. In FFY 24, the components of the NVCSS initiative include the *Healthy Eating Helping Hands* program, which engages culinary high school students in preparing healthy, ready-made meals for younger food-insecure students. Teachers and staff recommend that students identified as food insecure take home six hot meals for the weekend (2 each breakfast, lunch & dinner).

The second component of the NVCSS program is a Food Recovery/Smarter Lunchroom Program. Using the Smarter Lunchroom Scorecard, food waste reduction assessments were conducted at four schools that led to changes to reduce cafeteria food waste in FFY 23 and increased healthy food offerings. One school held an art competition to improve the cafeteria atmosphere and promote healthy eating.

Students' art was showcased in the cafeteria. In addition, NVCSS collaborated with the Shasta County school district's superintendent and director of food services to encourage healthy Farm-to-Table foods for student meals in the cafeteria. When possible, produce grown onsite is utilized in the school cafeteria and salad bar. These measures remained active in FFY 24. They have reduced food waste and redistributed usable food.



Excess food from the schools is redistributed to each school's *Free Little Pantries* (FLP), using the surplus food from the school lunchroom and produce from the onsite gardens. Food drives at Sprouts and Trader Joe's also contribute healthy foods to the pantries, and *EatFresh.org* recipe cards help families utilize the food from the pantry. The first FLP opened in January 2024. Since then, 8 FLPs have been set up in Shasta County schools, and one in Glenn County operated in conjunction with the ACE program. The Kiwanis social service organization donates \$1,000 per month to help support the FLPs, and some of the food comes from the Office of

Education pantry operated by Dignity Health. Each school has a Community Connection

Coordinator who makes the referrals for students to access the FLP. Students with the greatest need can access the FLP daily.

Community Gardens

Since FFY 21, NVCSS has been on a mission to help establish, revitalize, or maintain edible gardens as part of their overall goal of increasing the availability of fresh fruits and vegetables to low-income residents in their service area. By FFY 24, their garden partnerships grew to 31 edible gardens in schools, family resource centers, residential housing, and early childcare centers throughout six CFHL-funded counties – Butte, Glenn, Shasta, Siskiyou, Tehama, and Trinity.



Before partnering with a site, NVCSS conducts an assessment using CFHL-approved questionnaires to determine each location's needs and create an action plan. NVCSS supports the gardens by providing seeds, soil, and materials to plant and maintain the gardens, garden-based nutrition education, cooking lessons to support the harvest, and training for teachers, students, and volunteers on maintaining the gardens.

NVCSS began adding hydroponic gardening systems in FFY 23. They piloted the system at one site, and by FFY 24, eight more sites in Shasta and Butte County schools were operating these high-yield gardens. Installations of Hydroponic Garden Systems and in-ground school gardens all work in tandem to increase access and availability of healthy foods and fresh produce for school-age children. Hydroponic gardens grow a

variety of lettuces and greens. In-ground and raised garden beds grew seasonal crops. In the cold season, peas, garlic, and carrots were planted, and in the summer, tomatoes (many varieties), peppers, eggplant, and herbs were harvested.

NVCSS supports this initiative through Train-the-Trainer education, offered to teachers and student/teen champions. Each site varies with either teachers or students maintaining the hydroponic gardens. By supporting the garden champions, NVCSS is building resiliency, self-maintenance, and sustainability at each site. Produce from the gardens is used by the school cafeterias, shared with the Free Little Pantries, and occasionally offered to students' parents.

In addition to the hydroponic gardens, three schools have edible garden beds supported by NVCSS. Two schools also have large orchards that grow plums, apples, peaches, nectarines, cherries, pomegranates, and pears. This year, families were invited to join the orchard harvest and take the fresh fruit to share with their families. NVCSS continues to use the produce harvested from the gardens for on-site nutrition education and food demonstrations when possible.

The local school district supported the initiative to increase food security for school-aged children by purchasing eight Greenhouses, one for each school, in FFY 24. NVCSS collaborated with Shasta College and the UC Master Gardener Program to provide support for compost bins for the schools. The compost is then recycled into the ground to enhance the soil, eliminating the need to purchase soil amendments.

Access to Physical Activity

NVCSS continued to increase physical activity programming in schools this fiscal year, where they implemented the *Coordinated Approach to Child Health* (CATCH) program in 2020 and 2021. CATCH is an intervention aimed at preventing obesity in school-age children, offering physical activity opportunities for youth in a fun atmosphere. Using a Train-the-Trainer model, NVCSS offers in-depth refresher training at the start of each academic year to all the teachers in each district to maintain the CATCH program. Additionally, they ensure that the equipment is functioning and that any damaged equipment is replaced. In FFY 24, they expanded their reach with programming at ten schools in Shasta and Glenn County and planned to offer CATCH at four schools in Shasta, Glenn, and Butte Counties in the summer of 2024.

In FFY 24, NVCSS added Playground Stencils to their physical activity programming at four schools in Shasta County. Pre-printed and reusable stencils offer inclusive games for children of all ages. The stencils are painted on blacktops to involve young people playing games that build social development and endurance while engaging in fun physical activity. Some stencils encourage movement like leaping and galloping, jumping jacks, and hopscotch, while others encourage healthy eating, like images of MyPlate's five food groups and fruits & vegetables. NVCSS reached nearly 1,000 children with physical activity opportunities in FFY 24.



Appendix i: Definitions and Commonly Used Language

Acronym	Definition or Reference
ACE	After School Community Education
CATCH	Coordinated Approach to Child Health
CCC	Catholic Charities of California
CCFR	Catholic Charities Diocese of Fresno
CCLA	Catholic Charities of Los Angeles
CCMO	Catholic Charities Diocese of Monterey
CCSB Riv	Catholic Charities of San Bernardino & Riverside
CCSC	Catholic Charities of Santa Clara
CCSD	Catholic Charities Diocese of San Diego
CCSF	Catholic Charities of San Francisco
CCST	Catholic Charities Diocese of Stockton
CCYS	Catholic Charities of Yolo Solano
CFHL	CalFresh Healthy Living
CFO	CalFresh Outreach
CORAL	Communities Organizing Resources to Advance Learning
EATS	Eating and Activity Tool for Students survey
FBC	Food Behavior Checklist survey
FLP	Free Little Pantries
FRM	Food Resource Management
FWR	Food Waste Reduction
FWR-ITC	Food Waste Reduction-based Intent-to-Change survey
ITC	Intent-to-Change survey
LIA	Local Implementing Agency
MT (1-3)	Medium Term Indicators 1 – 3; in accordance with the SNAP-Ed Framework
NPP	Nutrition Pantry Program
NVCSS	Northern Valley Catholic Social Services
SLM	Smarter Lunchroom Movement
SNAP-Ed	Supplemental Nutrition Assistance Program – Education
ST (1-3)	Short Term Indicators 1 – 3, in accordance with the SNAP-Ed Framework