

What Can CalFresh Do for You?

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Community Context

Center for Healthy Communities (CHC) has the unique opportunity to strategically align CFHL and CalFresh Outreach (CFO) programs to better meet the food security and nutritional needs of northern rural California older adults by offering trauma informed education in a trusting environment.



Collaborative Action

The CFHL team have been partnering with CHC's CFO team, CFO subcontractor, Shasta County Office of Education, and local county CalFresh offices to table events and facilitate nutrition education outreach activities called 'What Can CalFresh Do for You?'



These activities unite shopping-on-a-budget concepts and CalFresh messaging along with offering CalFresh application assistance.

Building on Strengths

By incorporating budgeting and nutritious food choices into interactive classes, participants gain essential skills to stretch their budgets and make healthier choices, all within a supportive environment that empowers them to enhance their food security. Cross-team



collaboration allows us to deliver hands-on, practical resources that directly benefit older adults.

Sustaining Success

Recent food insecurity reports have highlighted the opportunity and necessity of CFHL programs serving older adults to intentionally embed CalFresh into their lessons and activities. The CFHL-CFO partnership lays a strong foundation for integrating CalFresh



resources and budgeting tools into programming, equipping older adults with essential support for food security and well-being.