



# CalFresh Healthy Living for PSA 2

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Center for  
Healthy Communities

CALIFORNIA STATE UNIVERSITY, CHICO

**A huge thank you to our current  
partners!**

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Center for  
Healthy Communities

CALIFORNIA STATE UNIVERSITY, CHICO



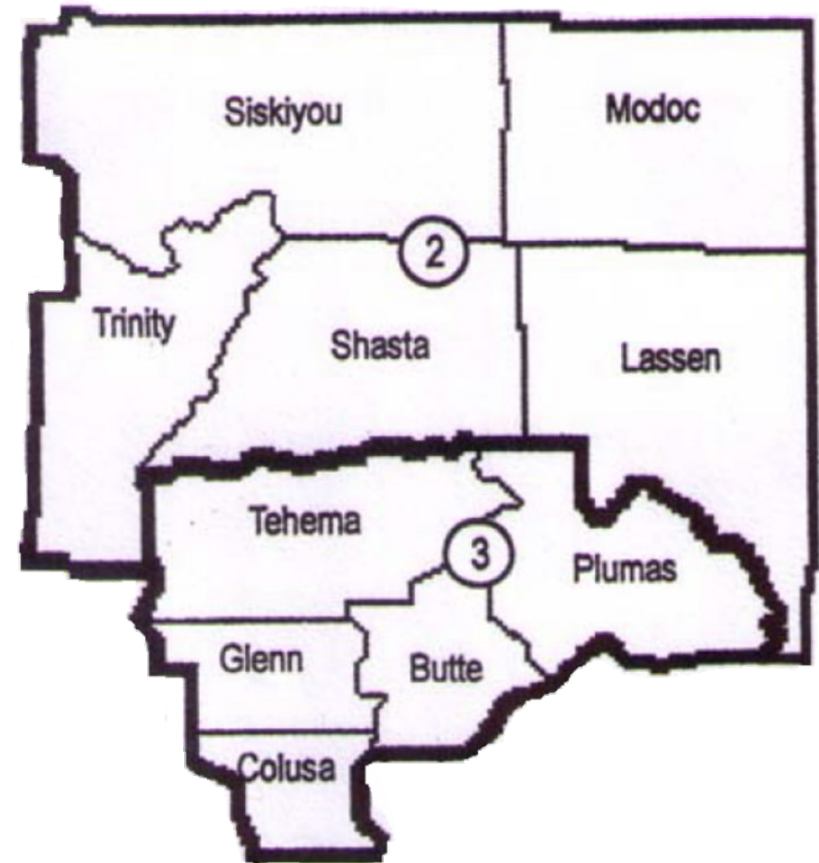
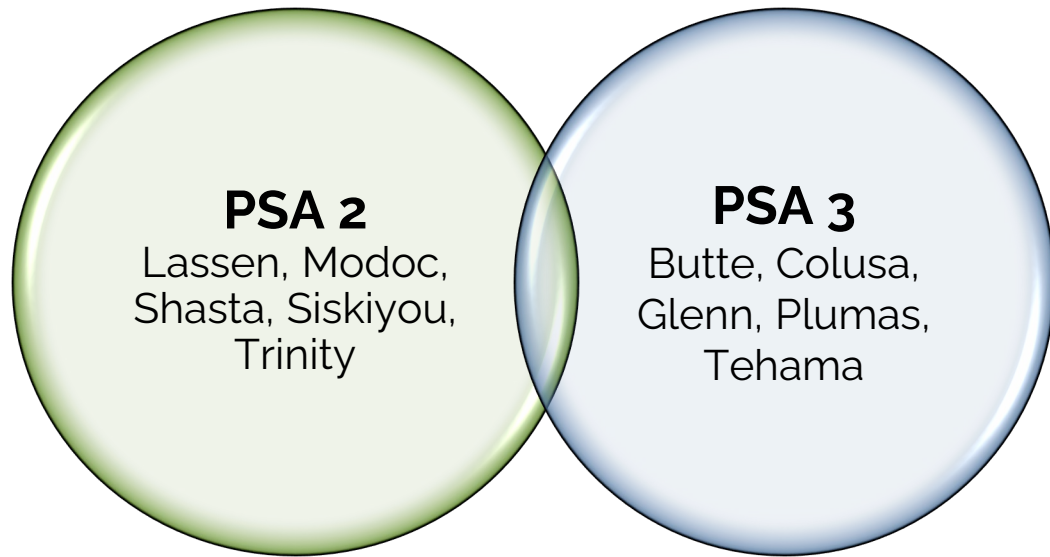
Center for Healthy Communities (CHC)  
envision all Californians  
with equitable resources to  
live their healthiest lives.



# CHC Priority Areas



# Planning & Service Area (PSA)



Serving CalFresh eligible older adults aged 60 and older  
Tribal Elders: 55+

# Opportunity to Serve Tribal Elders & Veterans in PSA 2





# What is CalFresh Healthy Living?

(Formally known as SNAP-Ed)

- Supports healthy, active and nourished lifestyles by teaching Californians about good nutrition and how to stretch their food dollars, while also building partnerships in communities to make the healthy choice, the easy choice.

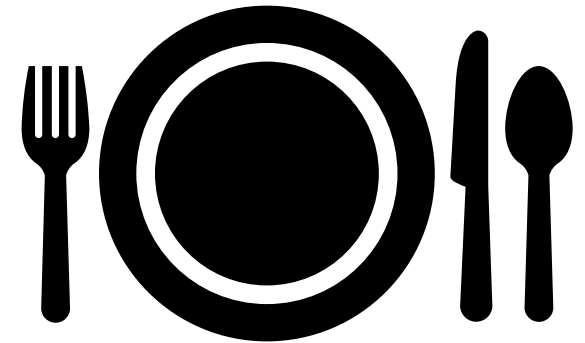


This material was funded by USDA's Supplemental Nutrition Assistance Program. This institution is an equal opportunity provider.



# CDA's CalFresh Healthy Living Program

- Living a healthy lifestyle
- Eating healthy on a budget
- Maintaining a balanced diet



# AAA CalFresh Health Living

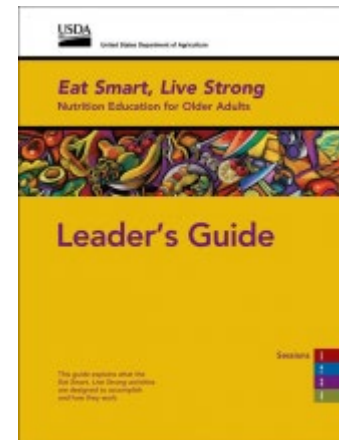
- To facilitate adoption of food and physical activity and other nutrition-related behaviors conducive to the health and well-being of individuals who are eligible or receiving CalFresh
  - Nutrition education
  - Physical activity opportunities
  - Support for policy, system and environmental changes



# CalFresh Healthy Living Activities



- PA & Nutrition curriculum
- Harvest of the Month (HOTM)
- Rethink Your Drink (RYD)
- Garden support
- Wellness policy support
- Newsletters
- Posters, nutrition education material, cookbooks
- Staff trainings
- Promoting fruits/veggies
- Nutrition policy development and support



# Promotional Events

- Field Days
- Health Fairs
- Farmer's Markets
- Walk/Runs
- National Food Service Day



# Senior Brown Box Flyers

- Partnership with the Food Bank Contra Costa & Solano
- Newsletters with nutrition education and recipes
- In English & Spanish

## Make your Senior Brown Box S-T-R-E-T-C-H

It is a good idea to eat apples with their skin. Almost half of the vitamin C content is just underneath the skin. As apples ripen, the skin develops more aroma and flavor. See apples featured in our recipe along with other commodity food items!



### Autumn's Salad Delight



Serves: 3   Serving Size: 1 1/2 cup   Prep time: 15 min   Skill level: Easy

#### Ingredients

1 cup of cooked white rice  
2 teaspoons of dried parsley flakes  
½ teaspoon of ground black pepper  
¼ of finely chopped garlic clove  
1 tablespoon of fat-free ranch dressing  
2 tablespoons of fat-free mayonnaise  
1 cup of apples (cut into chunks)  
1/3 cup grape halves (cut into chunks)  
½ cup of chopped celery  
1 ¼ cups cooked chicken (bite-size pieces)  
6 lettuce leaves

#### Directions

1. Wash your hands, produce and work area.
2. If not using leftover or 'planned over' rice, cook rice according to package directions without adding salt. Chill.
3. In a serving bowl, mix parsley, black pepper, garlic, dressing, and mayonnaise together.
4. Add cooled rice, apples, grapes, celery and chicken. Stir gently.
5. Serve cold on a bed of clean lettuce leaves.
6. Cover and refrigerate leftovers within 2 hours.

**Nutrition Information per serving:** Calories: 216, Carbohydrate 28g, Fiber 3g, Protein 19g, Fat 3g, Sodium 431mg  
*Funded by USDA CalFresh Healthy Living, an equal opportunity provider and employer. For more recipe ideas visit [www.EatFresh.org](http://www.EatFresh.org)*

## Tips for storing your Fall produce to make it last longer

The main way to lengthen shelf life of produce is by using cold temperatures to slow down its ripening process. A big part of correct storage is knowing what produce to refrigerate and which produce not to refrigerate. Refer to the chart below.

Store At Room/ Pantry Shelf Temperature	Store in the Refrigerator (inside a plastic bag with holes)
Apples, apricots, bananas, grapefruit, lemons, limes, oranges, mangoes, persimmons, whole pineapple, pomegranates, watermelon, peaches, pears and plums.	Any cut up fruit, all berries, cherries, figs and grapes
Avocados, fresh herbs (with stems in water), garlic, ginger, jicama, potatoes (keep out of sunlight), winter squash, pumpkins, sweet potatoes and tomatoes.	Artichokes, asparagus, green beans, beets, broccoli, Brussel sprouts, cabbage, carrots, celery, green onions, lettuce and all other leafy greens, mushrooms, summer squash and sweet corn.

- Keep your fruits and vegetables **whole** (unpeeled and uncut) until you are ready to eat or prepare the produce for a meal or recipe. **Leave its outer surface undisturbed**, then remember to wash it and prepare or eat as desired
- **Have a backup plan** if you have more ripe produce than you can eat. Some fruits can easily be stored in the freezer for use later. Most vegetables will need to be blanched before freezing. Check easy-to-follow food preservation guidelines from your local Cooperative Extension office.
- More food storage questions? Go to the **FoodKeeper** website or app by USDA for a complete guide to properly store food items in the pantry, refrigerator or freezer.



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# Senior Nutrition Lessons

- Nutrition Lessons for older adults are delivered by staff to help empower healthy eating habits
- Consideration of the ease, cost, and healthiness of certain foods
- Engagement of participants in recipe assembly and prep





# Food Assistance Flyers & Older Adult Meal Flyers

- Weekly flyers and social media posts on food assistance access locations
- Continuously updated Older Adult Meal flyers shared to various counties

OCTOBER  
9TH-15TH

TRINITY COUNTY

CalFresh  
HEALTHY LIVING

CalFresh  
HEALTHY LIVING

CHC

Trinity County  
Public Health

## Food Assistance

**Food Pantry/Senior Meals:**

**Solid Rock Church Food Pantry**  
Emergency Food  
66 Tule Creek Rd., Hayfork  
(707) 599-6260  
\*Contact: Carl for pickup\*

**Golden Age Center Senior Supply Bags**  
Seniors 55+ (No income guidelines)  
Delivery available in Weaverville or  
arrange for bag pickup - Mondays  
Contact Annie: (951) 463-1919

**Mountain Chapel Food Pantry**  
Monday-Thursday 9:00 AM-3:00 PM  
60 Oak Ridge Rd. Weaverville  
Call 530-623-3933 or email  
info@mountainchapelCA.com

**The Church of the Nazarene**  
Food Pantry  
10AM-4PM - Tuesday-Thursday  
21 Paulsen St., Weaverville  
(530) 623-6154

**Roderick Senior Center**  
To-go & home-delivered meals  
9:30AM-1:30PM, Lunch 12pm-Tuesday-Friday  
90 Coral Ave. #A, Hayfork  
Contact Jeremy: (530) 628-4692

**Trinity Senior Nutrition Program**  
Home Delivered Meals  
11AM-1PM - Tuesday & Thursday  
The Church of the Nazarene  
21 Paulsen St., Weaverville  
(530) 623-6154

**Monday:**  
Trinity Soup Kitchen  
Dine-in or To-go lunches by request  
11AM-1PM  
Solid Rock Church  
66 Tule Creek Rd., Hayfork

**Tuesday:**  
Douglas City Fire Hall  
11AM-1PM  
101 Steiner Flat Rd., Douglas City  
(530) 739-0983

**Wednesday:**  
Community Food Cupboard  
10AM-11AM  
735 Main St. Parish Hall, Weaverville  
(530) 623-3101

**Hayfork Fairgrounds**  
8:30AM-10AM  
6000 State Hwy 3, Hayfork  
(530) 739-0983

**Friday:**  
Coffee Creek Community Church  
2:30PM-3:30PM  
420 Coffee Creek Rd., Coffee Creek  
(530) 266-3326

**Saturday:**  
Trinity County Food Bank Warehouse  
11AM-12PM  
Food Bank Warehouse  
51-B Memorial Dr., Weaverville  
(530) 739-0983

**Do you qualify for CalFresh?**  
Let us help you with your application.

Shasta County Office of Education  
530-605-2683

Trinity Health and Human Services  
(530) 623-1265 \*Press 3



APPLY NOW

This material was created by the United States Department of Agriculture (USDA), Farm-to-Fork Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.

## Siskiyou County Senior Meals

The following locations offer prepared meals for older adults.  
Meals provided may include dine-in, take-out, drive-through, or homebound delivery. Please contact the site before attending for more information on guidelines and suggested donations.

**Madrone Senior Services**  
To-Go Meals (Reservation Required)  
11am-11:30am, Lunch 12pm-12:45pm  
Yreka Community Center  
810 N. Oregon St., Yreka  
(530) 841-2306

**Madrone Senior Services: Home Delivery**  
Deliveries: Wed. to Scott Valley, Thu. to  
Montague, and Fri. to Grenada.  
810 N. Oregon St., Yreka  
Call (530) 841-2306 for registration

**Karuk Tribe Senior Nutrition**  
Lunch Mon.-Fri.: 12pm  
64101 Second Ave., Happy Camp  
(530) 627-3068

**Great Northern Services: Siskiyou Senior Nutrition**  
Mon.-Thu.: Pickup 11:45am-12:00pm, Sit-Down  
12pm-12:30pm  
City Park Upper Lodge  
1316 Nixon Rd., Mount Shasta  
(530) 926-4611

**T.E.A.C.H. Senior Services, Tulelake**  
Home Delivery: Tue.-Thu.: 11am-1pm  
800 Main St., Tulelake  
(530) 667-2147

**Siskiyou Sr. Nutrition Program**  
Tue.-Fri.: 9am-5pm, Lunch 12pm  
1316 Nixon Rd., Mt. Shasta  
(530) 926-4611

**McCloud Senior Luncheon**  
3rd Mon. of Each Month, 11am-12:30pm  
1316 Nixon Rd., Mt. Shasta  
(530) 926-4611

**Weed Community Center**  
Mon. Exercise 11:30am, Lunch 12pm, Bingo 1pm  
161 East Lincoln Ave., Weed  
(530) 938-4685

**Scott Valley Berean Church**  
Tue. Lunch 12pm, Delivery Upon Request  
134 Church St., Etna  
(530) 467-3715



**Great Northern Services: Dunsuir Community Cafe**  
Thu. 12pm-12:30pm  
Dunsuir Community Center  
483s Dunsuir Ave., Dunsuir  
(530) 926-4611

**Loaves and Fishes**  
Fri. 12pm, Delivery Upon Request  
137 Diggle St., Etna  
(530) 598-2444

**St. Joseph's Catholic Church**  
Lunch 12pm  
Back Alley Entrance, 312 4th St., Yreka  
(530) 842-4874

**Dunsuir Community Center**  
Wed. 11am-1pm, Lunch 12pm  
4941 Dunsuir Ave., Dunsuir  
(530) 235-4313

**Dorris Lions Club**  
Home Delivery Only, Thu.: 12pm  
Dunsuir Community Center  
483s Dunsuir Ave., Dunsuir  
(530) 397-5466

Partially funded by USDA SNAP, known in California as CalFresh, an equal opportunity provider and employer, and the California Department of Social Services.



# Susanville Indian Rancheria (Lassen)

- Lassen Valley Indian Health
- SIR – Natural Resources



# AAA CalFresh Healthy Living

We are continuing to look for opportunities to partner with local agencies



An elderly man with glasses and a light blue button-down shirt is smiling while holding a slice of bread. He is in a kitchen with white cabinets and a white countertop. On the counter, there is a toaster, a blue pot on the stove, a bag of bread, a jar of pickles, a bottle of mustard, a jar of mayonnaise, a cutting board with a sandwich, tomatoes, and lettuce. The text "We want to hear from you!!!" is overlaid in large white letters.

# We want to hear from you!!!

What are the nutrition and physical activity needs for your center or older adult population?

**For more information:**  
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[mlharris@csuchico.edu](mailto:mlharris@csuchico.edu)