

California Department of Aging
CalFresh Healthy Living Program (Formerly Supplemental
Nutrition Assistance Program Education Program)

Program Code:

The CalFresh Healthy Living Program code is 3890100.

Description:

The CalFresh Healthy Living (CFHL) Program provides evidence-based nutrition education and obesity prevention services based on United States Department of Agriculture, Food and Nutrition Services guidance. 16 Area Agencies on Aging (AAAs) and their contracted providers offer CFHL interventions to low-income older adults, age 60 or older, at eligible sites including Title IIIC congregate nutrition sites and other venues meeting eligibility criteria. In addition to direct education, the CFHL program incorporates Policy, Systems, and Environmental change (PSE) approaches to deliver effective, evidence-based nutrition education and obesity prevention programs.

Benefits:

The CalFresh Healthy Living (CFHL) Program assists older adults to make healthy food choices and choose physically active lifestyles consistent with the Dietary Guidelines for Americans to promote health and prevent disease. The Program strives to increase participants' consumption of fruits and vegetables, increase physical activity, reduce time spent in sedentary behaviors, and maintain a healthy weight to reduce the risk of chronic disease. PSE strategies support healthy behavioral changes among older adults in the community.

Eligibility:

Eligibility Factor	Description
Age	60 or older
Income	At or below 185 percent of the federal poverty guidelines (FPG)
Other	The CalFresh Healthy Living eligible population is comprised of: <ul style="list-style-type: none">• CalFresh recipients age 60 and older• Individuals 60 or older, at or below 185 percent of the Federal Poverty Guidelines (FPG)

Eligibility Factor	Description
	<p>Program sites must meet CalFresh Healthy Living eligibility standards using 1 of 4 methodologies:</p> <ul style="list-style-type: none"> • <u>Methodology 1</u> – The site address must be within an eligible low-income census tract with greater than 50 percent of residents having incomes at or below 185 percent of the FPG • <u>Methodology 2</u> – The setting is qualified based on the population it serves and not its physical location (e.g., public housing, Commodity Food Distribution sites, etc.) • <u>Methodology 3</u> - Fifty percent of site participants must have incomes at or below 100 percent of the FPG as determined by income levels identified on intake forms • <u>Methodology 4</u> – Fifty percent of site participants must have incomes at or below 185 percent of the FPG as determined by individual participant queries conducted at the meal site

Access:

Information on the CFHL Program is available through the statewide toll-free Senior Information Line at **1-800-510-2020** and the [California Department of Aging](http://www.aging.ca.gov/) website (<http://www.aging.ca.gov/>).

Current State Fiscal Year Funding Information:

This information is for Fiscal Year 2019-20.

Funding	Description
Source	CalFresh Healthy Living federal funds via U.S. Department of Agriculture
Match Requirements	Not applicable
Other Information	Not applicable
Cycle	October 1 - September 30