

# CalFresh Healthy Living

Agency on Aging Area 4's CalFresh Healthy Living (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. We make the healthy choice, the easy choice.



## WORKSHOPS

Workshops promote healthy eating and physical activity among older adults through free, evidence-based nutrition education in Sacramento, Nevada, Placer, Sutter, Yolo, and Yuba counties.

### Eat Smart, Live Strong

4-week course designed to encourage older adults to increase daily fruit and vegetable consumption to at least 3½ cups and to participate in at least 30 minutes of moderate physical activity each day.

### Cooking Matters in Your Community

4-week course that teaches participants to shop smarter, use nutrition information to make healthier choices, and cook delicious, affordable meals.

### Food Smarts

6-week course designed to support healthy behavioral change in the areas of healthy eating, food safety, cooking, food waste reduction and food resource management.

### A Matter of Balance

8-week course that enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercising to increase strength and balance.

### Bingocize

10-week, socially engaging group-based program that combines exercise, health education, and the widely popular game of Bingo.

### Walk with Ease

6-week, community-based, walking-focused physical activity and self management education program that also includes health education, stretching and strengthening exercises, and motivational strategies.

## EDIBLE GARDENS

The program installs free, raised-bed outdoor vegetable gardens at local low-income senior housing sites, senior centers, community centers, or locations where older adults congregate.

### PROGRAM OFFERS:

- Garden location assessment
- Plans for approval
- 32" Vego Garden raised beds
- Compost & topsoil
- Irrigation
- Starter plants
- Garden tools

## ELIGIBILITY FOR ALL PROGRAMS:

- Older Adults  
(ages 60 years and older)
- Low-income  
(< 200% Federal Poverty Level)



## CONTACT

### Brittany Lathrop

Health Promotion Manager

(916) 710-8380

BLathrop@agencyonaging4.org



@agencyonaging4

[www.agencyonaging4.org](http://www.agencyonaging4.org)

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