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Let’s get healthy

Let’s Stay Healthy California goal of ‘healthy communities’ stresses on providing sufficient healthy food to the people. Food security is important for offering stable access to affordable and safe food. Access to fresh food is critical for a healthy lifestyle. The facts reveals that estimates 78.9% of the adults in California had access to fresh food in 2011. The most recent data reveals that 73 percent of Californians have access to fresh fruits and vegetables (LGH, 2019).

California Health and Human Care Service is working to support the communities by offering them adequate access to safe and healthy food. The Community Services and Development Department is working to reduced poverty by giving free and affordable food to the community. The Call Fresh program is focused on improving the economic conditions of the families that could help them in maintaining a healthy lifestyle. Call Fresh program is for the people who meets the eligibility criteria of the federal rules (CDSS, 2019).

Call Fresh is the largest food program in California that is focused on promoting supplemental nutrition assistance to the low-income and deprived families. It is also working to eliminate hunger from the state and take adequate steps for promoting health. It is supervised by the officers appointed by the department and assures that the residents are getting nutritious and healthy diet. This allow families to afford nutritional food including fruits, vegetables and other nutritious items. Electronic benefit Transfer (EBT) card is issued to the citizens that make them eligible for purchasing food from grocery shops and farmers market. The goal is to enhance the health status of the Californians. This will raise the overall health status of the citizens and contribute to the welfare of the community as a whole.

References

CDSS. (2019). *Callfresh* . Retrieved 07 29, 2019, from http://www.cdss.ca.gov/food-nutrition/calfresh

LGH. (2019). *Community helath*. Retrieved 07 29, 2019, from https://letsgethealthy.ca.gov/goals/creating-healthy-communities/increasing-access-to-healthy-food-outlets/