Nutrition and Wellness Services Department

District Wellness Meeting #5

February 24th, 2025, 3:30-4:30pm



LAWNDALE
Elementary School District



Reminders

- Translation introduction
- Sign-In: Please type your name & school/department in the Zoom chat box.
- Time Sheet Due Dates (Certificated):
  - Pay Period 2/18/25-3/14/25 - Due 3/14/25
- Time Sheet Due Dates (Classified):
  - Pay Period 2/11/25-2/25/25 - Due 2/21/25
  - Pay Period 2/26/25-3/10/25- Due 3/7/25
- Submit to Alice Garcia - Food Service Rm #18

Today’s Agenda

- Information on CalFresh eligibility and enrollment
- Market match: how and where to use it
- What is fiber and why is it beneficial?
- High fiber recipe
- Wellness liaisons share out wellness activities



CalFresh: Maximizing YOUR Benefits



About CalFresh

CalFresh is for people with low-income who meet federal income eligibility rules and want to add to their budget to put healthy and nutritious food on the table





Federal Income Eligibility Rules:

Maximum Gross Income Level

Number of People in Household	130% Federal Poverty Level Maximum Gross Income Allowed	Gross Monthly Income Eligibility Standards for Modified Categorical Eligibility (MCE)/Broad-Based Categorical Eligibility (BBCE) 200% Federal Poverty Level Maximum Gross Income Allowed
1	$1,632	$2,510
2	$2,215	$3,408
3	$2,798	$4,304
4	$3,380	$5,200
5	$3,963	$6,098
6	$4,546	$6,994
7	$5,129	$7,890
8	$5,712	$8,788
Each Additional Member	+$583	+$898

Gross income is all the income your household gets from any source except the exempt income. Some examples of exempt income include any college work study program and Job Training Partnership Act. For most households, the monthly gross income (before payroll deductions) must be at or below 200% of the Federal Poverty Level for the household size. If a member of your household is disqualified because of an intentional program violation, then the 130% Federal Poverty Level will apply to your household and your resources will also be counted.

Adjusted Net Income

Number of People in Household	Maximum Net Income Allowed (100% Federal Poverty Level)
1	$1,255
2	$1,704
3	$2,152
4	$2,600
5	$3,049
6	$3,497
7	$3,945
8	$4,394
Each Additional Member	+$449

After showing that your income is less than the allowable Gross Income, your Eligibility Worker will allow certain deductions and subtract them from your gross income to determine your adjusted net income that will be used to determine the monthly benefit amount for your household's size.

Additional Requirements:

These documents are usually required to receive CalFresh:

-A copy of your ID.

-Proof of any income.

-Proof of immigration status (for non-citizens).

-Proof of student status (for college students).

These documents are optional but can increase your benefit amount:

-Proof of housing expenses, like rent costs

-Proof of child support paid

-Proof of medical expenses for people who are 60+ and/or have a disability



Common Questions & Concerns:

Who is eligible to apply:

Many immigrants can get CalFresh.

- ✔ Has citizenship
- ✔ Has a green card (for any length of time)
- ✔ Has refugee or asylum status
- ✔ Has parolee status for at least one year (Ukrainian parolees may qualify before one year)
- ✔ Has, or is applying for, a U-Visa or T-Visa
- ✔ Is an applicant for VAWA (Violence Against Women Act) relief
- ✔ Is a Cuban or Haitian entrant
- ✔ Is an Afghan entering with special Immigrant VISA (SIV), (SQ/SI) Parole, or other forms of humanitarian parole
- ✔ Is Hmong/Laotian or American Indian born in Canada
- ✔ Is a citizen of Federated States of Micronesia, Republic of the Marshall Islands, and Palau. Also known as Compacts of Free Association (COFA) citizens

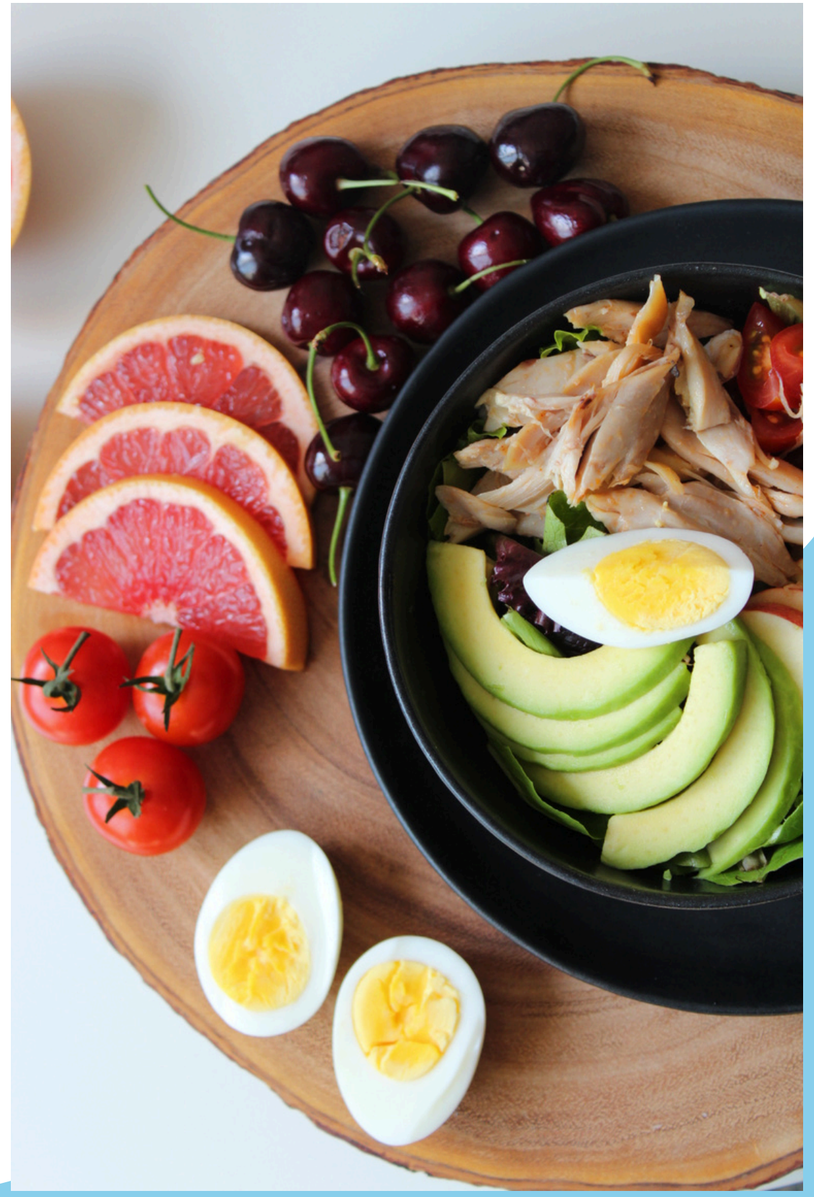
Will applying for CalFresh count against me?

Getting CalFresh will NOT affect your immigration status, or your chances of getting legal permanent residency in the future



Increasing Community Enrollment

According to the Los Angeles County department of public health, 77% of Lawndale residents are eligible for CalFresh benefits, however only 45% are enrolled



How Can YOU get Enrolled?

The city of Lawndale provides FREE enrollment assistance through the Providence Lawndale Wellness and Activity Center



Contact: Brisa Carranza @ Brisa.Carranza@providence.org
Office 310.514.4318
or
Joe Lopez @ joe_lopez@lawndalesd.net

Providence LAWNDALE Elementary School District



Community Health Insurance Program

We can help you apply & enroll into a **free to low-cost health insurance program** and food benefits for your household through **CalFresh**!

CalFresh FOOD

*¡Podemos ayudarlo a solicitar e inscribirse en un **programa de seguro médico gratuito o de bajo costo** y beneficios de alimentos para su hogar a través de **CalFresh**!*



Contact us to set up an appointment for free enrollment assistance:
Contáctenos para programar una cita y recibir asistencia de inscripción gratuita:

310-303-6784
chip@providence.org



COVERED CALIFORNIA

Medi-Cal

VISIT US AT OUR NEW LAWNDALE WELLNESS CENTER
4161 MANHATTAN BLVD. LAWNDALE CA 90260



Address: 4161 Manhattan Blvd. Lawndale, CA 90260

FREE Enrollment Assistance for CalFresh, Medi-Cal, and Covered California

Maximize your CalFresh benefits

- Meal Planning
- Bulk Buying
- Shop at Farmers Markets*



*Many farmers markets offer "Market Match" programs that double your CalFresh dollars when buying fresh produce.

What is Market Match?



https://www.youtube.com/watch?v=z7QgX43G10c



How Market Match works



- Use your CalFresh EBT card at a Farmer's Markets that participates in "Market Match"

- A market staff member will swipe your CalFresh EBT card for the amount of your choice and you will receive tokens or paper vouchers to spend on any CalFresh-eligible food items at the market

Get up to an additional $20 to spend on fresh and locally grown produce!

Where can I find a participating Farmers Market?



Kaiser Carson Mini Certified Farmers' Market

18600 S Figueroa St
Gardena, CA 90248

Wednesday Year Round 8:00am - 12:00pm

Accepts
CalFresh, WIC Farmers' Market Nutrition Program checks ⓘ, Senior Farmers' Market Nutrition Program Checks ⓘ

Market Match offered year round, up to $20 per visit.

Westchester Farmers' Market

In the Triangle, 6200 W 87th St
Los Angeles, CA 90045

Sunday Year Round 9:00am - 1:00pm

Accepts
CalFresh

Market Match offered year round, up to $15 per visit.

Watts Willowbrook Farmers' Market

Wilmington & 120th, 1670 E 120th Street
Los Angeles, CA 90056

Wednesday Year Round 9:00am - 2:00pm

Accepts
CalFresh

Market Match offered year round, up to $15 per visit.

https://ecologycenter.org/fmfinder/



Why It Matters:

Increasing our fruit and vegetable intake will boost our dietary fiber intake and help prevent diseases

What is Fiber?

- **Fiber is a carbohydrate that includes the parts of the plant the body cannot digest or absorb.**
- **Fiber comes from fruits, vegetables, whole grains, and legumes.**
- **Fiber passes somewhat intact through the stomach, small intestine, colon, and out of the body.**



Two Types of Fiber

Soluble Fiber:

This type of fiber dissolves in water. It forms a gel-like material in the stomach that slows down digestion. It can help lower cholesterol and blood sugar.

Insoluble Fiber:

This type of fiber doesn't dissolve in water. It supports the movement of material through the digestive system and adds bulk to stool.



Benefits of a High Fiber Diet

- Helps lower cholesterol.
- Helps lower blood sugar by slowing the absorption of sugars.
- Helps with healthy bowel movements which decrease the likeliness of hemorrhoids, diverticulitis, risk of colorectal cancer.



Benefits of a High Fiber Diet:

- Healthy Weight: High Fiber foods are more filling so you’re likely to eat less and stay satisfied longer
- Getting more fiber lowers your risk of dying from health conditions, such as heart disease







Follow a healthy balanced diet that includes a variety of fruits, vegetables, whole grains, nuts, and seeds.



High Fiber Recipe You Can Make at Home:

Two Bean and Corn Salad



Two Bean and Corn Salad

INGREDIENTS:

Try this salad as a condiment on grilled fish and chicken dishes
⅓ cup vegetable oil
2 tablespoons balsamic vinaigrette
1 teaspoon cumin
1 (15-ounce) can black beans, drained and rinsed
1 (15-ounce) can Great Northern beans, drained and rinsed
3 stalks celery, chopped
2 cups frozen corn, thawed
1 medium red bell pepper, chopped
1 cup chopped red onion
⅓ cup chopped fresh cilantro
2 small jalapeño peppers, seeded and chopped (optional)

PREPARATION:

In a large bowl, whisk oil, vinegar, and cumin.
Add remaining ingredients and toss to coat.
Serve immediately or refrigerate for up to 1 hour to allow flavors to blend.
Makes 10 servings - 1 cup per serving.
Nutritional Information: Calories: 227, Total Fat: 8 g, Saturated Fat: 1 g, Trans Fat: 0 g, Cholesterol: 0 mg, Sodium: 334 mg, Total Carbohydrate: 31 g, Protein: 9g
Dietary Fiber: 9 g

References



1. Before you apply. (n.d.). Www.getcalfresh.org. https://www.getcalfresh.org/en/apply

2. Farmers' Market Finder by the Ecology Center. (n.d.). https://ecologycenter.org/fmfinder/

3. Ferrer, B. & Los Angeles County Department of Public Health. (2018). CITY AND COMMUNITY HEALTH PROFILES. In LAWNDALE. http://ph.lacounty.gov/ohae/docs/cchp/pdf/2018/Lawndale.pdf

4.Immigrant guide. (n.d.). Www.getcalfresh.org.

5. Market Match | Making Fresh Affordable. (n.d.). https://marketmatch.org/

6. Mayo Clinic. (2022, November 4). Dietary Fiber: Essential for a Healthy Diet. Mayo Clinic. https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983

7. USDA. (2020). Dietary guidelines for Americans 2020-2025. In Dietary Guidelines for Americans. USD.03/Dietary_Guidelines_for_Americans-2020-2025.pdf

Questions/ Comments/ Concerns?

Thank you!

For more information about Fiber, click here.

Wellness Liaisons Share Out

Discussion prompt: What wellness activities are you currently working on or planning for at your school site?

- Addams
- Anderson
- FDR- Share Table is being brought out daily
- Green
- Mitchell
- Rogers
- Twain



Next Meeting

March 24th, 2025 in-person at District Office PDC and via Zoom



THANK YOU FOR JOINING!

Follow us!
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