Complementing the study, “California adults increase fruit and vegetable consumption from 1997-2007,” the Journal of Nutrition Education and Behavior highlighted 15 studies about Network for a Healthy California (Network) programs targeting low-income parents and children that have proven successful, including programs conducted in low-wage worksites, health centers, welfare offices, low-resource schools, catering trucks and a variety of other community settings. Some of the studies are:

- **Using a Toolbox of Tailored Educational Lessons to Improve Fruit, Vegetable, and Physical Activity Behaviors among African American Women in California**
  Women who took Toolbox lessons were more likely to make behavioral changes to meet recommendations for fruit and vegetable consumption and physical activity than those in the control group.

- **Catering Trucks in California Promote Healthy Eating in Low-Wage Worksites**
  Results showed that point-of-purchase merchandising positively impacted sales of healthy entrees from catering trucks.

- **Effect of Fresh Fruit Availability at Worksites on the Fruit and Vegetable Consumption of Low-Wage Employees**
  Making fresh fruit available at worksites during the workday increased workers’ fruit and vegetable consumption, purchasing of fruit away from work, and family purchasing of vegetables.

- **Cultural Adaptation of a Nutrition Education Curriculum for Latino Families Promotes Acceptance**
  Increasing the use of traditional, affordable and nutritious foods, together with attention to family meal time and language increased effectiveness with parents of young children.

- **Curriculum Intervention in Preschool Children - Nutrition Matters!**
  Using the Nutrition Matters! curriculum successfully broadened children’s acceptance of new fruits and vegetables.

- **Impact of the Harvest of the Month Program on Low-income Hmong and White Middle School Students**
  Harvest of the Month is a leading resource developed by the Network and used widely in California schools.

- **Building Evaluation Capacity in Local Programs for Multi-site Nutrition Education Interventions**
  From 2004-2008, the Network’s 48 largest local partners completed rigorous evaluations of their interventions and reported statistically significant improvements in program effectiveness.

- **Usage and Recall of the Food Stamp Office Resource Kit (FSORK) by Food Stamp Applicants in Four California Counties**
  This study proved that welfare offices can be an effective setting to provide nutrition information. FSORK is now used in over 265 of California’s 300 Food Stamp local offices.

- **Reliability of a Retail Food Store Survey and Development of an Accompanying Retail Scoring System to Communicate Survey Findings and Identify Vendors for Healthy Food and Marketing Initiatives**
  Health departments using the store scoring system reported it as the most useful data communication of neighborhood findings and led to helping small neighborhood stores provide more access to fruits, vegetables, and other healthy foods.

- **Community Health Centers – A Promising Venue for Supplemental Nutrition Assistance Program Education in the Central Valley**
  Highlights the potential for Supplemental Nutrition Assistance Program Education programs in Federally Qualified Health Centers.

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. •California Department of Public Health

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