

# CALFRESH HEALTHY LIVING NUTRITION SPECIALISTS

Working with San Diegans to improve nutrition education and increase access to healthy foods through policy, systems, and environmental changes.

## ABOUT THE PROGRAM

The CalFresh Healthy Living program creates environments that encourage healthy living for SNAP-Ed eligible families and communities with the goal of reducing obesity and associated chronic diseases. Through nutrition education and policy, systems, and environmental changes, the Nutrition Specialists work with low-income San Diegans to promote healthy food and beverages and increase physical activity in settings where they live, learn, shop, and play.

## WHAT OUR SPECIALISTS

### Do

- Provide nutrition education in the County of San Diego.
- Support the implementation of school and workplace wellness policies and healthy food and beverage standards.
- Train staff to provide ongoing nutrition education.

## WHO WE SERVE

Individual families and communities, including:

- Youth in low-income schools and after-school programs.
- Congregants of faith based organizations.
- Workers in low-wage earning positions.
- Shoppers in low-income neighborhoods.

## CONTACT US

To find out if your site qualifies or for more information, contact [Barbara.Hughes@sdcounty.ca.gov](mailto:Barbara.Hughes@sdcounty.ca.gov) or the Nutrition Specialist in your region:

### East Region

Paul Lasso 619-401-3778  
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### North Inland Region

vacant

### South Region

vacant

### North Coastal Region

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### North Central Region

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### Central Region

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This is a program of *Live Well San Diego*: Healthy Works and supports *Live Well San Diego*, the County's vision of a region that is Building Better Health, Living Safely, and Thriving. For CalFresh information, call 2-1-1. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips.