



Catholic Charities  
of the Diocese of Raleigh

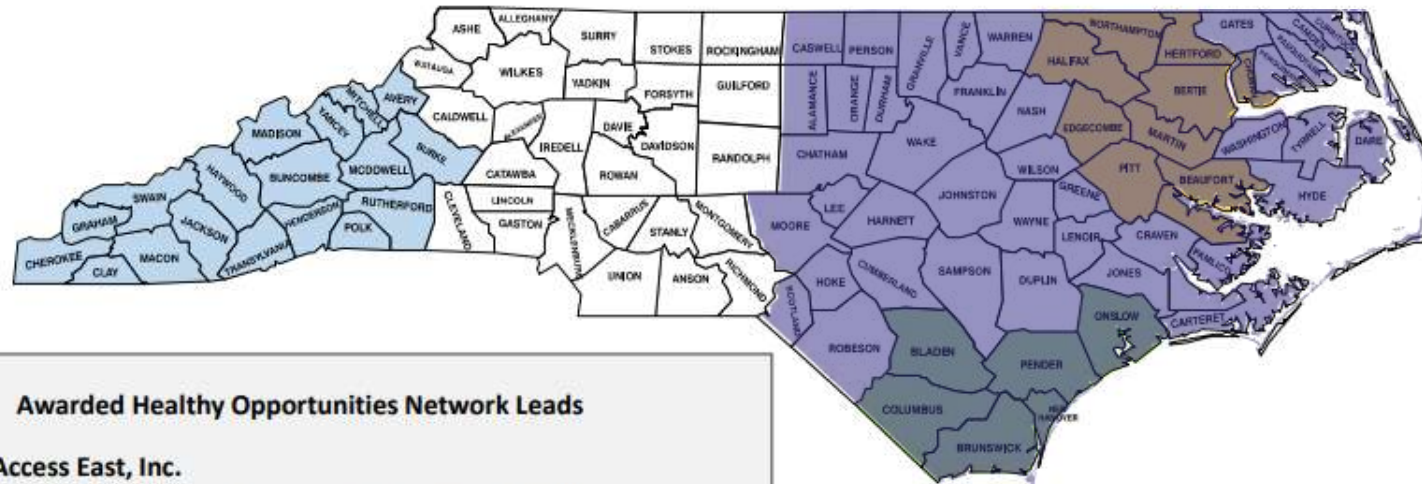
Providing Help—Creating Hope—Serving All

# Healthy Opportunities Pilot Program Overview

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### Awarded Healthy Opportunities Network Leads

- Access East, Inc.**  
Beaufort, Bertie, Chowan, Edgecombe, Halifax, Hertford, Martin, Northampton, Pitt
- Community Care of the Lower Cape Fear**  
Bladen, Brunswick, Columbus, New Hanover, Onslow, Pender
- Impact Health**  
Avery, Buncombe, Burke, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Swain, Transylvania, Yancey



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# Healthy Opportunities Pilot Housing Services

Inspections

Home Safety and Accessibility Services

Home Remediation Services



## Renters

Ensures families are moving into living situations that are safe

Staff are HUD trained to identify code issues



## Collaborative Approach

Inspections are paired with other services offered through HOP for renters:

A Housing Navigator who helps them find housing.

An organization who will pay the rent and security deposit.



## Two Categories:

- Home Safety & Accessibility
- Remediation

## Home Safety and Accessibility:

- Installing wheelchair ramps
- Making bathrooms ADA compliant
- Fixing leaking roofs.

## Remediation services:

- Mold remediation
- Pest eradication



## Options

Healthy Food Box for pickup  
Healthy Food Box for delivery



## Goal

The purpose is to supplement daily food needs  
The boxes are designed to promote better nutrition and offer nutrition educational materials on healthy eating



# Contents of a Healthy Food Box

| Food Category        | Example of food items   |
|----------------------|---|
| <b>Vegetables</b>    | Dark green; red and orange; starchy; and other vegetables   |
| <b>Fruits</b>        | Especially whole fruit, a variety of colors and types should be included  |
| <b>Grains</b>        | At least half of which are whole grain, such as brown rice, whole wheat bread, oats, barley, and quinoa   |
| <b>Dairy</b>         | Fat-free or low-fat milk, yogurt, and cheese, and/or lactose-free versions and fortified soy beverages and yogurt as alternatives<br><i>Programs may replace dairy items with dark leafy greens, bone-in canned fish, and other calcium rich foods.</i> |
| <b>Protein</b>       | Lean meats, poultry, and eggs; seafood; beans and lentils; vegan-based meat sources; and nuts, seeds, and soy products  |
| <b>Oils / Other*</b> | Vegetable and olive oils and healthy oils in food, such as seafood, nuts, avocados, seeds; Spices, herbs, and other flavorings  |

| Food Category       | # Units for small | # Units for large | Example standard unit sizes   |
|---------------------|-------------------|-------------------|---|
| <b>Vegetables*</b>  | 5                 | 10                | Approximately one unit of fresh (ie. one bunch of kale, one pound of potatoes); 12-16 oz bag frozen; 15 oz. can |
| <b>Fruits*</b>      | 4                 | 7                 | One unit of fresh (ie. 1 pound of apples, one pint of blueberries); 12-16 oz bag frozen; 15 oz. can             |
| <b>Grains</b>       | 4                 | 5                 | One pound bag rice or pasta; 1 loaf of bread; 12-16 oz. cereal box/canister                                     |
| <b>Dairy</b>        | 1                 | 2                 | Quart; Gallon (milk); Ounce (cheese)  |
| <b>Protein</b>      | 3                 | 5                 | One pound fresh/frozen; 15 oz can of beans; 6 oz. container nuts; One carton of eggs                            |
| <b>Oils / Other</b> | 1                 | 2                 | One container of cooking oil or olive oil; Spices   |

\*One-quarter (25%) of the fruits and vegetables included must be fresh.



Expanded quickly due to capacity building funds.



### **Equipment Purchases**

-Pickup truck, two trailers, tools, and equipment as staff were added.



### **Staff Expansion**

- Helpful for handling referrals.
- Aggressive hiring to stay ahead of service development.
- Gave valuable runway to figure out programming.





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***THANK YOU***  
***&***  
***QUESTIONS***