

Norma Lisenko

Champion Mom
Benicia, CA



“I enjoy making a difference in my neighborhood and I’m passionate about helping kids to be healthy and active. Change doesn’t happen overnight, but by working together, we can build healthy communities for a healthier future.”

Norma is a mother of three with first-hand experience of the positive impact healthy changes can have on one’s life. She’s also a vocal advocate for healthy eating and daily physical activity.

As a lifelong nutrition advocate, Norma assists with various California Champions for Change projects in the Napa and Solano area. Norma shares her experience and insight with her local community and encourages them to make changes as a family.

Norma’s passion for helping others establish healthy habits began 15 years ago when she found herself struggling with bouts of depression. Through counseling, she was able to identify that her unhealthy lifestyle was one of the triggers for her depression.

Norma began to eat a healthier diet and engaged in daily physical activity. While it was difficult at first, she noticed that she began to feel better and started seeing changes. This helped to keep her motivated and within a year, Norma was feeling and looking great. Her healthy

changes led to significant improvements in both her emotional and physical wellness. Norma’s desire to help others in the community motivated her to return to school to obtain a Masters in Public Health with an emphasis in Nutrition Education.

While volunteering at her daughter’s school, Norma noticed that some kids didn’t recognize basic vegetables. Soon after she created Healthy Cooking with Kids, Inc., a non-profit that teaches the importance of fresh fruits and vegetables by teaching cooking skills to children and encouraging families to make cooking fun. Healthy Cooking with Kids, Inc. works with local health departments and school districts to implement nutrition education programs.

Norma’s advice to all champions is to “take care of yourself, and then everyone else – you cannot give or be the best if you don’t tend to your own wellness first.”



This material was produced by the California Department of Public Health’s Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.