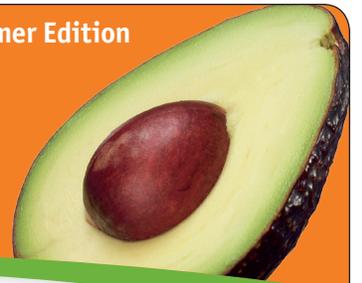


Champion Chat

Find inspiration in the results of healthy change.



Start now, move your family and community to better health!

Champion Mom Rosa is passionate about teaching others to begin making healthy changes. Her work as a Champion for Change has given her the chance to help other families achieve the same health improvements as her own. She knows from her own experience that change can be hard. That's why she encourages parents to stick with it because a healthy family is worth the effort.

Too often families wait until someone is sick to make healthy changes. After watching both of her grandmothers pass away from type 2 diabetes, Rosa decided it was time to break the cycle. That's when she was introduced to the Champions for Change Program and became a Champion Mom.



Champion Mom Rosa

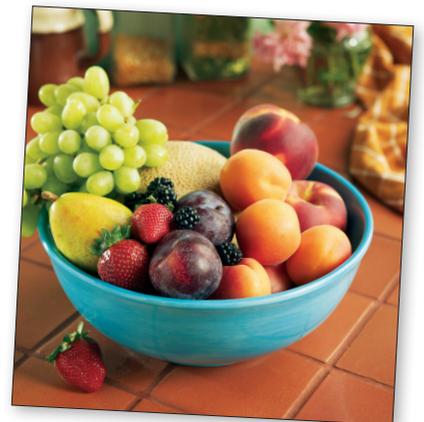
With her knowledge Rosa now leads healthy eating classes and food demonstrations. She

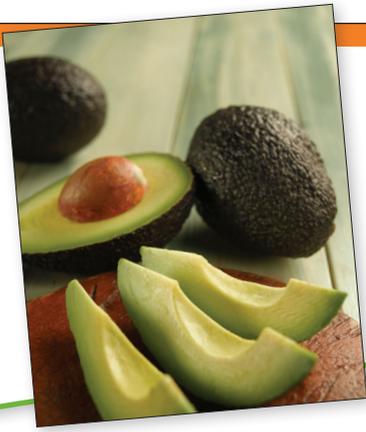
It is important parents know that making healthy changes for their family can be hard, but they should stick with it because the results are worth it!

speaks with parents about changes they can make to get their families eating more fruits and vegetables and being more physically active. She teaches them how to read food labels to help them make better choices at the grocery store. She also shares tips that have worked for her family. For example, Rosa adds shredded zucchini into muffins – her son's favorite snack. She also blends fruits, veggies and nuts into breakfast smoothies for a healthy and cool start to the day.

In Rosa's home, there's always a bowl of fresh fruit on the table so it's an easy choice for her kids. Her family also has become more active. Her daughter now rides her bike to her job instead of driving.

These small changes Rosa made for her family have added up to big health improvements. She's proud of her kids and it makes her happy to hear her son talk to his friends about the healthier foods they should eat. Rosa believes anyone can be a Champion for Change. They just need to think of their health and the health of their family.





Highlighted Harvest: Avocado — Did you know the California avocado industry began in the early 1870s in Santa Barbara? Today, almost half of American households buy avocados. For a tasty and healthy recipe that uses avocados, check out the [Avocado Garden Salad](#) recipe at www.CaChampionsForChange.net.

Mom-tested Warm Weather Tips

As the season heats up, now is the perfect time to get out, play and try healthy, no cook recipes that taste great! Champions for Change are doing it and you can too. Here are some of their warm weather tips that you can try for yourself.

- **Drink Water!** Cold water is a tasty and low-cost way to quench your thirst on a warm day. Fill a pitcher with tap water. For a refreshing change, flavor the water with mint leaves, rosemary or fresh basil. You can even stir in fruits like lemon, lime and oranges!
- **Get Moving!** The warmer weather and longer days make it a great time to get the whole family moving and active together. How about a family walk after dinner? Or, get creative with indoor play. Even simple things like dancing can be fun and get everyone moving.
- **Try easy, no-cook recipes!** Sometimes the last thing you want to do when it's warm out is heat up your home by using the stove or the oven. Try making meals that use a lot of fruits and vegetables that don't need any cooking. The [Black Bean and Corn Pitas](#) are a great, healthy option that doesn't need cooking.
- **Enroll your kids in a summer activity program!** Without a plan during the summer, kids may snack, watch TV or play video games more than they do during the school year. This can raise their risk for obesity. Avoid this "summer slump" by putting your kids in a local summer activity program which provide scheduled play and healthy snacks.



Don't forget to visit our [Facebook](#) page and stay in touch with other moms across California just like you!

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.

