

Rosa J.

Champion Mom
Salinas, CA



“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!”

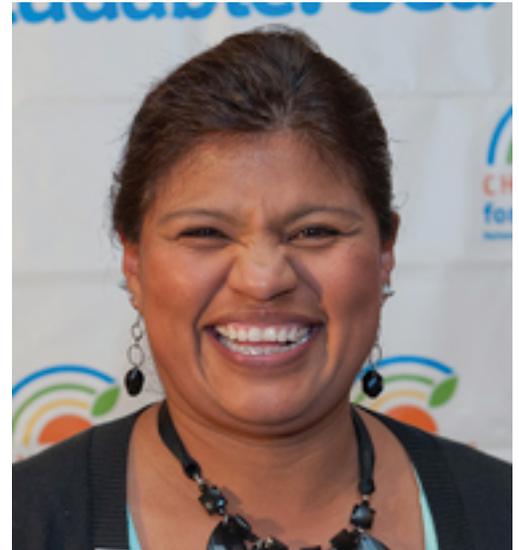
Rosa is passionate about helping other parents realize the benefits of a healthy lifestyle. Her work as a Champion for Change has given her the chance to help other families achieve the same health improvements as her own. She knows from personal experience that change can be hard. That’s why she encourages parents to stick with it because a healthy family is worth the effort.

Rosa knows that 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.

Now Rosa leads healthy eating classes and food demonstrations. She speaks with parents about changes they can make to get their families to eat more fruits and vegetables and be 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 to muffins – her son’s favorite snack. She also blends fruits, veggies and nuts into breakfast smoothies for a healthy 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 has made for her family have added up to big health improvements over time. She’s proud of her kids. It makes her happy to hear her son talk to his friends about the healthier foods they should eat. Rosa says that anyone can be a Champion for Change. They just need to think of their health and the health of their family.



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.