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California Department of
PublicHealth

The Power is in Your Hands

Money- and time-saving tips that help you fight for your family's health.

Real advice from moms like you.

CHAMPIONS for CHANGE™

Moms find cost- and time-saving answers to help keep their families healthy.

At *Champions for Change,* we know moms like you find it hard to buy healthy foods at a low cost. That is why we made this booklet. Use the tips inside to give your family a healthier life while saving money. Become a Champion for Change!

Fruits and Vegetables Give You More for Your Money

Along with being active, eating fruits and vegetables can help lower your risk of serious health problems like obesity, type 2 diabetes, heart disease, and some types of cancer. Best of all, fruits and vegetables taste great. You can buy them and still stick to your budget.

CalFresh can help families eat right when money is tight. With CalFresh, you can buy healthy foods like fruits, vegetables, and whole grains. For information, call 1-877-847-3663.

Save Time With Healthy Foods

You can use fruits and vegetables to make healthy meals that are tasty and fast. Add chopped vegetables to a salad. Add dried fruit to your children's cereal. Frozen fruits and vegetables are great time-savers too. They are already cleaned and chopped. Frozen fruits and vegetables keep the same nutrients as when they are fresh. They don't add extra calories as long as you buy them without added fat or sugar. Buying frozen usually costs less than fresh, which will help out your budget.

Find Out How Much Your Family Needs

Do you know how many cups of fruits and vegetables you and your family should eat? Use the chart below to find the answer. It shows a range of cups people should eat every day. The lower end is usually for people who are active less than 30 minutes a day. The higher end is usually for people who are active more than 60 minutes a day.

If you belong to this group…	You should eat *this* amount of fruits…	…and *this* amount of vegetables every day.
Kids 2 to 5 years old	1 - 1½ cups	1 - 2 cups
Kids 6 to 11 years old	1 - 2 cups	1½ - 3 cups
Kids 12 to 18 years old	1½ - 2½ cups	2 - 4 cups
Adults 19+	2 - 2½ cups	2½ - 4 cups

Keep in mind, a cup is about the size of one small apple. For more answers about the amount of fruits and vegetables your family should eat, visit **www.choosemyplate.gov**.

Activities Your Kids Will Love, at a Price You Love

A few simple tips can get you and your family active without breaking your budget. Get moving by going on walks or having weekly dance contests to everyone's favorite song. Check your local community centers for low-cost or free sports teams or fitness classes that you and your family can join. Make sure your kids get at least 60 minutes of physical activity every day. And mom, you need at least 30 minutes of physical activity a day.

Moms Make a Difference

Moms like you are working hard to give their families healthier, happier lives. Check out the Champion Mom Success Cards for more mom-tested tips. If you would like to find out more, visit **www.CaChampionsForChange.net** for free recipes and more tips that will help you make a healthier life for your family.

These Champion Mom Success Cards have tips you can use to build a healthier family right now. Share them with friends and family.

Champion Mom

Success Card #1

"I found ways to save money in the kitchen."

Sherée M.
Working mom
One child, age 5

Protein for Less

Cook meals that use beans or tofu instead of meat or chicken. You still get lots of protein, but it doesn't cost as much.

Use Your Leftovers

If you have extra or leftover vegetables, use them to make a soup or stew.

Eat What You Serve

Save leftovers in the refrigerator or freezer for another meal. Throwing out food is a waste of money.

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Champion Mom

Success Card #2

"There are lots of time-saving tricks you can use in the kitchen."

Graciela F.

Working mom
Three kids, ages 9, 15, and 16

More is Better

When not rushed, cook two meals and save on clean-up time!

Do Some Tasks the Day Before

Wash and cut vegetables or make a fruit salad. Cook lean ground beef or turkey for burritos or chili. Store everything in the fridge until ready to use.

Family Time

Kids like to try foods they help make. Give them small jobs to do. Together you get things done faster. Older kids can help chop, slice, and measure. Younger kids can tear lettuce or stir the ingredients that are not hot.

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Champion Mom

Success Card #3

"You can be active even when you have a busy life."

Dulce H.

Working mom
Three kids, ages 11, 14, and 20

30 Minutes a Day

Just walking 30 minutes a day can give you a lot more energy. If you can't find 30 minutes at one time, aim for 10 minutes three times a day!

Dancing is Exercise Too

If you don't have time to work out, turn up your favorite music and dance while you clean the house.

Walk the Walk

Try to set a good example. If you are active, your kids are more likely to be active.

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Champion Mom

Success Card #4

"I learned a lot of tricks to save money while I shop."

Deanna D.

Stay-at-home mom
Two kids, ages 12 and 21

Look Around for Better Deals

Stores usually put the most expensive items at eye-level. Look on the high and low shelves for better deals.

Check Out the Bulk Bins

You can save money when buying foods in bulk. Look for dried fruits and vegetables, cereals, rice, pasta, and nuts.

Go Big

When you buy 100% juice, it's usually cheaper to get it in one big bottle instead of a lot of small juice boxes. You can get a small reusable bottle to pack juice for your kid's lunch.

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Champion Mom

Success Card #5

"There are a lot of ways to get the fruits and vegetables you want."

Angelica C.
Stay-at-home mom
Two kids,
ages 4 and 7

Farm Fresh

Find a farmers' market that is close to your house or work. If it's close enough, you can even walk there with your kids.

Frozen is Good

If you can't find fresh fruits or vegetables, buy frozen. To get more for your money, buy large bags and seal tightly in the freezer between uses.

Garden Grown

Try growing your own vegetables or herbs at home. Some plants, like tomatoes, zucchini, and basil can grow in a container.

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Champion Mom

Success Card #6

"With fruits and vegetables, prices can change with the seasons."

Aracely R.

Stay-at-home mom
Three kids, an 8 year old, and twins age 10

In Season is Best

You get the best deals on fruits and vegetables when you buy them in season. That is when they taste best, too!

Spring and Summer Treats

You can get great deals on berries, melons, tomatoes, and bell peppers in the spring and summer.

Fall and Winter Specials

In the fall and winter, look for apples, pears, oranges, sweet potatoes, broccoli, and cauliflower.

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Champion Mom

Success Card #7

"Make it easier for kids to get active."

Angeline L.
Working mom
Two kids, ages 5 and 6

Ask Around

Ask local groups like community centers, churches, or the YMCA about low-cost or free after-school and summer programs.

Schools Can Help

Work with your school to see if it will let families use their playgrounds.

Work Together

Get together with your neighbors and clean up walking paths and bike paths in your area. See if you can get the Department of Parks and Recreation to help.

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Champion Mom

Success Card #8

"Shopping smart can save you a lot of money."

Latisha L.
Working mom
Three kids, ages 4, 12, and 15

Make a List

Plan your meals and write a shopping list ahead of time to keep from buying things you don't need. This helps you stick to your budget.

Store Brands are Cheaper

Look for generic or store brands. They can be exactly the same as name brands, sometimes even better, and they cost less.

Don't Go Hungry

Don't go grocery shopping when you are hungry. You'll be tempted to buy food loaded with fat and/or sugar.

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Champion Mom

Success Card #9

"You can keep yourself moving no matter where you are-for free!"

Elizabeth G.

Working mom
Four kids, ages 12, 16, 20, and 22

Work it Out

Get the people at your work involved. Start a walking group, or take turns bringing in healthy snacks.

Plan Ahead

If you're taking the bus, get off one stop early and walk the rest of the way.

Step it Up

Use the stairs instead of the elevator. This will get your heart pumping. It will keep your legs strong.

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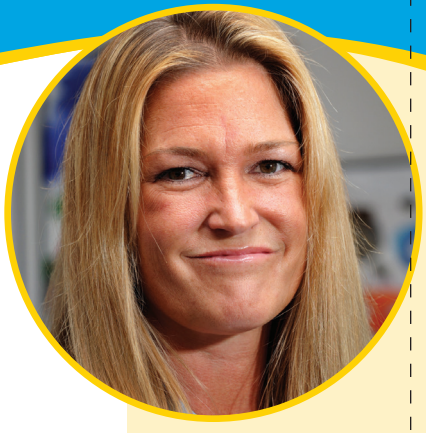
CHAMPIONS for CHANGE™

Champion Mom

Success Card #10



"Adding fruits and vegetables doesn't have to take a lot of time."

Susan C.
Working mom
Two kids, ages 4 and 7

Breakfast Boost

Always have fruit on hand to add to kids' cereal in the morning. Or to make a quick smoothie before they leave for school. Bananas, berries, and peaches are favorites.

Snack Time

For a quick snack at school, wrap a few baby carrots or raisins and put them in your kids' backpacks. After school, make them a tortilla with a little melted cheese and salsa on top.

Cook It Fast On Busy Nights

Pull together a fast family meal with quick soups or sandwiches.

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Champion Mom

Success Card #11

"Everything costs so much. So I try to buy only the most important things."

Catalina R.
Stay-at-home mom
Two kids, ages 3 and 7

Prepare Before Shopping

List all of the important healthy foods you need before you head to the store. Watch the ads for the best deals. Look for coupons and specials.

Spend Smartly

Buy the food you need for planned meals first, then buy healthy snacks.

Eating the Right Way for You and Your Family

The WIC Program helps provide healthy foods for you and your family. Plus, WIC teaches you a lot about how to eat healthier.

For more information or to see if you qualify for the WIC Program, call 1-888-WIC-WORKS (1-888-942-9675), or visit our Web site at www.wicworks.ca.gov.

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CALIFORNIA WIC WOMEN, INFANTS & CHILDREN
Families grow healthy with WIC

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Champion Mom

Success Card #12

"My kids love to help with this recipe."

Fruit Smoothie

Makes 4 servings – *1 cup per serving*
Prep time: 10 minutes

Ingredients

- 1 cup 100% orange juice
- 1 small banana, peeled and sliced
- 2 fresh mangos, peeled and chopped or 2½ cups frozen mango chunks, thawed
- 5 ice cubes

Preparation

1. Combine orange juice, banana, and half the mango into a blender container. Blend until smooth.
2. Add remaining mango and ice cubes. Blend until smooth. Serve immediately.

Nutrition Information:
Calories 120, Carbohydrate 30g, Dietary Fiber 3g, Protein 1g, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 4mg

Adapted from recipe courtesy of BOND of Color.

Brenda P.
Stay-at-home mom
Two kids, ages 6 and 9

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