Elizabeth P.

Champion Mom
Palmdale, CA

CHAMPIONS for CHANGE™

"Teaching your children to eat healthier may not be easy, but stay persistent. Healthy habits are one of the greatest gifts you can give them."

Elizabeth knows her healthy eating habits came from her parents. Growing up in a large family with limited resources, Elizabeth remembers her mom and dad only buying the basics which included fruits, vegetables and some meat. Unhealthy snacks were not available at home for Elizabeth and her five siblings. Vegetables were a part of every meal and if they wanted something sweet to eat, fruit was the only option! As a result of her parents' healthy ways, healthy food choices were a habit that she considers a life-long gift.

As a mother of four, Elizabeth does her best to give her children the same gift of healthy eating. Her childhood, mixed with the fact that cancer is widespread on both sides of her family, has motivated Elizabeth to make her family's health a priority. Because eating healthy and being active can help prevent obesity and other serious diseases, Elizabeth joined the Champions for Change Program to help others in her community learn the importance of good nutrition and physical activity.

Elizabeth admits it can be a challenge to make sure her kids always make healthy food choices, but she gives them only healthy options to choose from at home. When she involves her kids in preparing meals, they find it fun to add fruits and vegetables.

As part of her work with the Champions for Change Program, Elizabeth started a walking club and shared tips with hundreds of parents while doing food demonstrations at her children's schools. She has also led physical activity demonstrations.

Elizabeth is pursuing a degree in nutrition education.

CDPH California Department of PublicHealth

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