Jamilia A.

Champion Mom
Antioch, CA

CHAMPIONS for CHANGE™

"By working with the Champions for Change Program, I'm able to speak with kids and parents about the effects of what they eat and how they feel."

As a mother of five, Jamilia is passionate about teaching young children good nutrition. She believes when kids learn how healthy food helps their bodies grow they are able to make better food choices. With this information, she says kids will like helping their parents choose what fruits and vegetables to buy, helping the whole family.

Jamilia decided to eat more fruits and vegetables and be active every day after many of her relatives passed away from diseases that could have been prevented by a healthier lifestyle. Changing her family's legacy is what motivates her to find ways for her children to eat healthier.

Jamilia makes healthy eating fun for her family by serving fruits and vegetables in creative ways. One of her favorite tricks is to add veggies on pizza to look like a happy face. This is a sure way to get her kids to eat a variety of vegetables like spinach, tomatoes and bell peppers. She also likes to add chopped broccoli to macaroni and cheese, a simple change that makes meals delicious *and* nutritious.

Making sure her family participates in physical activity every day is also very important to Jamilia. She believes you don't have to have a gym membership to be active. A great workout can happen at home using household items like large canned foods as weights. For Jamilia, a healthy lifestyle is also fun. She and her kids are always outside playing games and jumping rope.

Through her involvement with the Champions for Change Program, Jamilia is able to share her passion about nutrition with others.

Jamilia's healthy journey continues with her ongoing lessons to kids about cooking, nutrition and physical activity. It is her hope that her work with young children is helping to change households and make healthy eating fun.

CDPH California Department of PublicHealth

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.