



CHAMPIONS *How to Make Healthy Changes in Schools* for CHANGE™

Tips from Champion Mom Latonya F.

Champion Mom Latonya made the commitment to make healthy changes when she realized she had no energy to play with her children. She knew if she wanted to see her son and daughter grow to become healthy adults, she needed to lead by example by making better food choices and being active every day.

“Through your journey you must have patience and a positive, can-do attitude. Don’t give up! There will be tough days but you must stay persistent and focused.”

Latonya began by changing her family’s worst habit, sugary drinks. She replaced them with water and began serving it at each meal and many times throughout each day. At first this was a struggle. But she stayed with it and soon her daughter was asking for water instead of the sugary drinks!

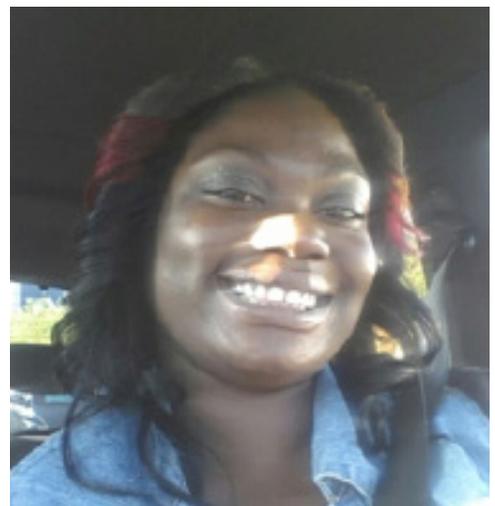
Latonya realized her daughter’s school was not offering her the same healthy choices. She was concerned that her daughter was not allowed to take a water bottle to school to drink water during class.

Through her work with the Champions for Change Program, Latonya felt empowered to ask that changes be made in her daughter’s school. She met with the school principal and other school officials. She told them about the importance of kids being able to drink plenty of water and asked that they begin to allow children to bring their own water bottles to class. She explained that kids would no longer need to leave the classroom for water and this would only show the school’s commitment to their student’s health.

The school agreed! Latonya is now working with the school to add other healthy changes.

How Do You Make Healthy Changes In Your Local School? Latonya Offers These Tips:

1. Introduce yourself to the school principal as a Champion for Change. Set time to meet with him/her about the healthy change you would like to see made.
2. Ask the principal about what steps need to be taken to move forward with making the change.
3. Speak with the parents. Attend parent gatherings such as parent-teacher association meetings and gain support for the change you want to make.



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.