

Anne McAleenan

Champion for Change
Crescent City, CA
Del Norte County



“I want everyone to know where their food comes from and to understand that you don’t need a lot of space to grow food”

Anne M. also known as Annie Mac, is a dedicated farmer. She wants to share her knowledge and experience with her community so everyone can grow their own food and know where that food comes from. She and her husband run a family farm in Crescent City to sell fresh produce and sprouts to the community at large. During the summer months she can be found at the Del Norte County Farmers Market, held at the fairgrounds, every Saturday.

Anne’s farm is her family business which she maintains even when the Farmers Market is not in season. She posts helpful growing articles and pictures on her Facebook page; Annie Mack’s Family Produce.

Anne likes to find healthy meal ideas for lots of fruits and vegetables that can be made from scratch in her own oven or crock pot, because meals taste best and are the best for you when they are made at home. She and her family are working towards having a more balanced plate with a focus on vegetables to reduce calories. She makes time for walks and tends her garden every day.

- "Being a Champion for Change means making healthy changes in my families diet." It encourages healthy eating and the desire to change bad habits.
- Anyone can grow their own food. They can provide their own fruits and vegetables so they can stretch their food dollars.



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.