

# Deborah W.

*Champion for Change  
Crescent City, CA  
Del Norte County*



*“I am a Champion for Change because I want to help build a healthier city through community gardens.”*

Deborah W. is an avid gardener and a *Champion for Change*. She serves as a role model to her community by incorporating physical activity and a diet rich in fresh fruits and vegetables into her lifestyle. Deborah values her community and works to create an environment where everyone can enjoy healthy, productive lives through gardening.

Deborah lives a fun and active lifestyle. The physical activity she enjoys comes in many forms. From walking to bike riding to gardening, Deborah finds a way to get out and move each day.

Eating healthy is important to Deborah. She enjoys juicing to ensure she gets plenty of fresh fruits and veggies in her diet. In addition, Deborah limits her sugar intake and enjoys finding new vegetarian or vegan recipes to add more variety to her diet.

Deborah wants to help guide her city towards better health by creating more community gardens. She hopes to use the community gardens as a platform to teach people about good nutrition and physical activity.

Being a *Champion for Change* gives Deborah an opportunity to bring about healthy change in her community through community gardening so that all residents are able to reap the benefits of a healthy lifestyle filled with fresh fruits, veggies, and physical activity.



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](http://www.CaChampionsForChange.net).