

Karen C.

Champion for Change
Crescent City, CA



“A little change goes a long way. Eating healthy by avoiding fast food and sugary items helps me keep my health in check.”

Karen C. is a Champion for Change. She is also a mother and grandmother committed to keeping her and her family healthy through physical activity and a diet full of fresh fruits and vegetables.

Karen and her family used to have to travel more than 20 minutes to the nearest grocery store for fresh produce, but no more. Getting involved in a community garden and growing vegetables in their backyard has helped to provide physical activity and fresh local food while saving them money. A diet rich in fresh produce helps keep Karen’s diabetes in check and improve her family’s health.

Karen and her family participated in a Champion Mom Young Iron Chef family nutrition class and cooking competition which got the whole family involved in cooking and building healthy family traditions.

Karen is committed to making the small, healthy changes she is learning in order to be a positive and healthy role model for her children, grandchildren, neighbors, and community.



Karen offers these tips:

1. Sign-up for a plot in a local community garden and make gardening a family event.
2. Look for creative and fun ways to incorporate small, healthy changes such as participating in family cooking classes and trying new recipes from the internet and cookbooks.
3. Make growing vegetables and cooking meals a family affair: getting children involved creates life-long healthy eaters.



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.