

Sdoeung Joseph (Sue)

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



"I am a very active advocate for healthy food and healthy living for my family. I would love the opportunity to help my community in any way I can."

Champion Sue is an avid gardener, and an advocate for healthy home cooked meals. She is always promoting the use of fruits and vegetables to support her community and raise strong, healthy children. Sue has a large, beautiful, backyard garden and greenhouse that she built with the help of friends and family using recycled windows and materials. The love that she shows for everything that grows makes plants thrive, so that even plants that other people had thrown away come back to life and flourish in her care. She uses these vegetables while cooking for her community in the local homeless shelter and for her family in her own home.

Sue teaches the importance of good nutrition to her two beautiful sons, who graze the garden freely. She teaches them to cook healthy meals from scratch, believing that good habits start early, as her parents have shown her. She rarely goes out to eat or feeds her family anything processed. Because she grows so many fruits and vegetables in her garden and raises chickens so she never has to buy produce or eggs at the grocery store.

Sue loves people and she loves to share her knowledge, skills, and services with her friends, family and community. Her faith has taught her that "It is better to serve than be served". She has found ways to serve her community and her family so to live her life by example and to teach her children kindness and care for all living things.



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.