

Sequoia C.

Champion for Change
Crescent City, CA
Del Norte County



“I believe that I have the capacity to be a help in the community (especially in my culture) with being informative about the misrepresentation of food and nutrition and what it is doing to us as people.”

Sequoia is a very positive and creative individual who loves to cook. She enjoys finding creative new ways to make healthy meals at home that are attractive and desirable. She hopes to transform her family and community through education about nutrition. That is why the Champions for Change program resonates with her. It represents understanding which leads to positive change.

Food is not just about survival to Sequoia, it is about creativity and beauty. If you are what you eat, let's eat

something that appeals to the eye and gratifies the soul! Throughout her personal journey Sequoia has found that some foods don't make her body feel good, like pork, she made a conscious decision to cut those foods from her diet and replace them with healthier choices, like fish. A healthy diet can satisfy all of your bodies nutritional needs. So Sequoia began demonstration cooking for young teens. She uses those demonstrations as co-creations to transform and elevate her audiences to a new way of being.

- "I can use my creativity to show new and more ways to transform vegetables into desirable dishes"
- Food is a form of art that you can eat and enjoy.



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.