

# Pam Leterneau

*Champion for Change*  
Sonoma, CA



*"I believe it's important to give back to my community and after working with seniors I know it's possible to become healthy at any age."*

As a former owner of a mini organic farm, Pam Leterneau knew the importance of eating fresh fruits and vegetables and felt everyone should have access to them. After noticing the lack of fruits and vegetables being offered at the senior home where she worked, Leterneau started gleaning fresh excess produce from local farmers and bringing it back to the senior home. At this time she realized the need to bring healthy options to senior homes and awareness of resources that were underutilized. Soon after retirement in 2013, she joined forces with the Center for Well Being and became a trained volunteer health promoter for seniors. This gave her the opportunity to connect with her community. By sharing her personal experience of successfully losing weight through diet and increased physical activity, she has empowered and inspired others to make healthy changes.

Leterneau's commitment to her health began after enrolling in a healthy weight class at Kaiser. She joined a gym, began tracking her daily routine online at [www.MyFitnessPal.com](http://www.MyFitnessPal.com) and became a local Community Supported Agriculture (CSA) member in which she receives a box of fresh fruits and vegetables weekly. These changes have made her feel better and stronger.

Currently, as a health promoter she gives presentations at senior centers educating them on CalFresh resources. Leterneau also continues to glean for senior homes and uses CropMobster to identify farmers in her area with surplus produce. She's an active member of the Bay Area's Slow Food movement and attends local conferences to stay engaged and informed on new ideas and resources for the aging population. She is a role model in her community and empowers her peers to join the movement to become Champions for Change.



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).