

# Violeta Sandoval

*Champion for Change  
San Francisco, CA*



***“Learning to read labels was very important and had a great impact on my life. I was surprised by how much the food industry misleads consumers.”***

After attending a Cooking Matters nutrition education class where she learned how to read food labels, Violeta was dismayed by the amount of food products with unhealthy ingredients. She realized she had to become an informed consumer. Violeta went home and threw away many products she once thought were healthy. She started buying more fresh fruits and vegetables and eating organic when possible. She stopped buying sugary drinks and started reducing the portion sizes she served her children. In addition, she no longer enforced the “eat all your food before leaving the dinner table” rule. Making these changes was not easy but Violeta knew they were the best for the overall health of her family.

The biggest challenge was getting her mother to adhere to the food choices she wanted for her children. Violeta had to educate her mother about the amount of hidden sugars in the bread, snacks, and drinks she was serving her grandchildren.

Violeta has become an advocate for healthy eating. Building off of her culinary background from El Salvador, she currently volunteers as a health promoter for 18 Reasons, a non-profit that teaches children how to make healthy meals. By teaching others how to make the same healthy changes she did, she exemplifies what it means to be a Champion for Change. She wants moms just like her to join the movement by raising their voices and sharing their knowledge with their community. It’s simple she says, “You educate yourself, practice what you’ve learned and pass it along.”



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