

Champions for Change



I want to be healthy so that I can see my children grow old.

Jamilia A.
Champion for Change

Prioritizing Health

Change does not happen all at once. Small changes, like making time to eat healthy and exercise, can make a big difference.

Improving Food Choices

Convenience and cost led me to choose fast foods. I stopped buying these foods when I learned they are bad for my health.

Healthy Opportunities

Supplemental food programs help my family eat more fruits and vegetables; these opportunities promote healthy families.

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Santa Clara County
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