

Champions for Change



Even when money is tight, I make it a priority to buy healthy foods.

Sheree M.
Champion for Change

Small Changes

I have made small changes to positively impact my health and reverse my type 2 pre-diabetes diagnosis.

Investing in Health

Unhealthy foods are all around. I stay motivated by reminding myself that I'm investing in the health of my family and myself.

Being Active

It's not just about eating healthy, but also about being active. My daughter and I like to ride bikes, swim, and skate together.

Funded by USDA SNAP-Ed, an equal opportunity provider and employer. California Department of Public Health. Santa Clara County Public Health Department is the lead agency for BANPAC and the Network for a Healthy California - Bay Area Region.

Santa Clara County
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