



Champion Moms for Change



Norma Lisenko, MPH
Champion Mom since 2003

Champions for Change are people who are committed to helping their families eat more fruits and vegetables and be more physically active. They are also involved in making healthy changes in their neighborhoods.

My Early Beginnings...

- In 2003 joined the West Contra Costa USD Wellness Committee
 - First child enters Kindergarten
 - Only parent in the district attending meetings
- Applied for small school-wide grants for enrichment programs
 - Learned about program planning and implementation in schools
- Move to Benicia
 - Looking for a better school district
- Part-time job with First 5 Solano
 - Community Engagement Coordinator

Healthy Cooking with Kids, Inc.

- Partnership since 2008:
 - Benicia Unified School District and Napa/Solano Kaiser Permanente Community Benefit Program
- Understanding of schools' opportunities, challenges and complex systems
- Build collaboration and trust with school administrators
- Combination of dedication, hard work and patience!









Thank you! Questions?



Contact information:
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LINKS for Resources:
www.cachampionsforchange.cdph.ca.gov/library/recruitment/home.php
www.cachampionsforchange.cdph.ca.gov/en/index.php
www.healthycookingwithkids.net
www.cookingwithkids.net
www.harvestofthemonth.cdph.ca.gov/
