

Hero Mom Success Card #7



“I teamed up with other moms to make healthy changes in our neighborhood.”

Adrienne G.

Working mom
One child, age 23

Start with One Voice

No grocery store in your community? Go to a city council meeting and let them know. Remember, change starts with one person speaking out.

Be Persistent

Unhealthy snacks in the schools? Join the parent group or request a change from the school principal.

Get Help

Bring a farmers' market into your neighborhood. Visit **www.cafarmersmarkets.com** to find out more.

Mail the enclosed reply card to get FREE 'mom-tested' tips and recipes!

www.cachampionsforchange.net

