



“Make it easier for kids to get active.”

Ask Around

Ask local groups like community centers, churches, or the YMCA about low-cost or free after-school and summer programs.

Schools Can Help

Work with your school to see if it will let families use their playgrounds.

Work Together

Get together with your neighbors and clean up walking paths and bike paths in your area. See if you can get the Department of Parks and Recreation to help.

Angeline L.

Working mom
Two kids, ages 5 and 6



For more mom-tested tips and recipes, visit www.CaChampionsForChange.net

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips. •California Department of Public Health

