**Champions for Change – Testimonial Interview Rosalia**

*On-screen:* [New family recipes. Champions for Change™.]

*Speaker: Champion Mom, Rosalia P.* –Having a family that came from you know, obesity and a lot of different illnesses and sickness, I didn’t want my family to go through that. So I knew that I had to start with me and be a good example for my children. As a Latina I used to love the stuff that wasn’t so great for me and so I had to learn how to cook differently and I had to learn how to add different ingredients to my food. And it just, it starts to get easier as you go, as you start learning what is good for the family.

I love hot stew, so to me, I’m a busy mommy and I like to just put things together in a crockpot. Some veggies and some potatoes and I’ll put some chicken in there and let it just cook. And it tastes so good and the whole house smells good. It was difficult to make these changes for my children. They were used to having basically anything they wanted to eat. They wanted to be on the computer more and be on the electronics more and I needed to be more aware that that was time consuming and they were, you know, they were wrestling with the fact that I was making these choices for them but now it’s a habit. Now they’re learning to eat better and enjoy actually good food.

*On-screen:* [For more tips and healthy recipes go to Champions for Change™.]

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End of: Champions for Change – Testimonial Interview Rosalia Video.

Video duration: 1:40