**Champions for Change – Reverse Food Truck**

*On-screen:* [Reverse Food Truck with Dr. Zoey and Richard Goore. Champions for Change.]

*Speaker: Richard Goore, Co-founder –* The need in Sacramento is tremendous to bring healthy foods to people that don’t get them regularly.

*Speaker: Dr. Zoey Goore, Champion Mom –* Unfortunately, Sacramento is a particularly difficult area for folks living at the poverty level and below the poverty level to access fresh fruits and vegetables as well as healthy food in general. Families with little means have difficulty going shopping and getting to areas that have fresh produce. The Reverse Food Truck is a community project and it serves the greater Sacramento community in an effort to collect produce and healthy foods to be donated to local hunger relief efforts.

There was one day that we brought food to a local school that 100 percent of the children who attended that school are free or reduced lunch eligible and one of the 7th graders was helping me bring in the produce. And she noticed that it was all nectarines and she looked at me and her eyes got really wide and she said may I have one? And I said of course, you can have as many as you want. And her hand went into the bucket and straight to her mouth. She started eating it immediately and then looked at me and said can I bring my friends? Can we all come and have fruit? We never have fruit at home and that really solidified to me why we're doing this - to give kids and families and members of our community access to the produce that we all want to be eating and need to be eating to ensure good health

*On-screen:* [Get recipes and tips at CaChampionsForChange.net.]

End of: Champions for Change – Reverse Food Truck Video.

Video duration: 1:44