

HEALTHY LIVING, HAPPY KIDS

Resources

PARENT TOOLKIT

[Parent Toolkit](#) and [Parent Toolkit App](#)

[Health and Wellness Growth Charts](#)

[Health and Wellness Tips and Guides](#)

[Healthy Habits Video Series](#)

NATIONAL

Shellie Y. Phol

[Let's Move! Active Schools](#)

[Presidential Youth Fitness Program](#)

[President's Council on Fitness, Sports & Nutrition](#)

[CDC's Parents 4 Healthy Schools](#)

[CDC Parent Guide](#)

LOCAL

Brooke McCauley

211- Call to find local food pantries and programs, and summer meal sites.

[Maryland State Department of Education](#)- School and Community Nutrition Programs Branch: 866-821-5552

[Maryland Summer Meals](#)

[Maryland Farm-to-School program](#)

[Maryland Farmers Market Association](#)

[Food Supplement Program \(FSP, federally known as SNAP\)](#)

[WIC State Hotline: 1-800-242-4942](#)

Alan McLain

[Baltimarket](#)

[Virtual Supermarket](#)

Shareki Chaney

[Rales Health Center](#)