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

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