
Web site encourages healthy eating, family involvement

Daily Banner

COLLEGE PARK — March is National Nutrition Month! This is the perfect time for the whole family to start eating healthy and be more active. Not only can eating right and being active help you to feel better, it can improve your health and prevent disease as well. The University of Maryland, College Park and Maryland Cooperative Extension have created an online resource for families in Maryland called Eat Smart, Be Fit, Maryland! Get online and

visit www.eatsmart.umd.edu. All services on the site are free.

According to Dr. Nancy Atkinson at the University of Maryland, "There are many ideas and links to healthy recipes that parents can use to get their kids to play an active role in the kitchen. Cooking with kids is a great way to interact with them and show them the importance of healthy foods and nutrition."

For more information, contact the University of Maryland by email at eatsmartmd@umd.edu.