

## **Healthy eating Web site online**

The University of Maryland, College Park and Maryland Cooperative Extension have created a Web site for families in Maryland about eating healthy and staying fit.

The "Eat Smart, Be Fit, Maryland!" Web site, [www.eatsmart.umd.edu](http://www.eatsmart.umd.edu), outlines how to plan and cook healthy meals, how to choose fruits and vegetables, what is on sale at local grocery stores and more. All services on the site are free.

For more information, contact the University of Maryland at [eatsmartmd@umd.edu](mailto:eatsmartmd@umd.edu).