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University of Maryland Offers Website on Family Nutrition and Fitness for Maryland Residents

The University of Maryland, College Park and Maryland Cooperative Extension announce the availability of a website for families in Maryland. The website address is www.eatsmart.umd.edu. All services on the site are free.

This website is for Maryland residents who want to learn about eating healthy and being active. It also has ideas on how to save on food costs, healthy cooking tips, raising healthy kids and provides information on local resources and events.

According to Dr. Nancy Atkinson at the University of Maryland, “The Eat Smart, Be Fit website was developed specifically for Maryland residents after we spent months of talking with community members throughout the state to learn about their needs and wants. Since its launch, we have been continuously adding new content on making healthy food and activity choices.”

“The *Eat Smart, Be Fit, Maryland!* website supports the efforts of health agencies in the community, and also acts as a resource for families that may not have access to information they need. It’s a great way for County residents to get involved in their health and in their community” says Lisa Lachenmayr, Curriculum Development and Outreach Coordinator for the Food Stamp Nutrition Education Program at the Maryland Cooperative Extension.

The *Eat Smart, Be Fit, Maryland!* Website is part of a research study at the Public Health Informatics Research Laboratory at the University of Maryland that is being done to improve community health for Maryland residents. For more information, contact the University of Maryland by email at eatsmartmd@umd.edu.

Funding for Food Stamp Nutrition Education is provided by USDA’s Food Stamp Program in cooperation with the Maryland Department of Human Resources and the University of Maryland. The University of Maryland and USDA are both equal opportunity providers and employers.