



UNIVERSITY OF MARYLAND

Department of Public and Community Health
Public Health Informatics Research Laboratory

College Park, Maryland 20742-2611
301.405.2468 TEL 301.314.9167 FAX

News Release: Radio

FOR IMMEDIATE RELEASE

Contact Information:

Amy S. Billing, Faculty Research Assistant
Public Health Informatics Research Laboratory
Department of Public and Community Health
University of Maryland
Suite 2387 Valley Drive
College Park, MD 20742-2611
billing@umd.edu (email)
301.405.2468 (phone)
301.314.9167 (fax)

University of Maryland Offers Website On Family Nutrition and Fitness

Are you interested in learning how to **improve your health** and the **health of your family**?

- ❖ Do you want to learn ways to get your family to **eat healthy** and **stay active**?
- ❖ Do you want to know how to budget your food dollars to **save money**?
- ❖ Do you want **tips on healthy cooking**?
- ❖ Do you want to get ideas on how to **raise healthy and active kids**?

The University of Maryland, College Park and Maryland Cooperative Extension have created a new “healthy living” website for families in Maryland. This website is for Maryland residents who want to learn more about eating healthy and being active. It also has ideas to save on food costs and information on healthy cooking, raising healthy kids, and resources and events in your neighborhood. Get online at home or at your local library and go to www.eatsmart.umd.edu! All services on the site are free.

“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.

Get connected with your community and learn how to “Eat Smart” and “Be Fit” at the ***Eat Smart, Be Fit, Maryland!*** website: www.eatsmart.umd.edu. The ***Eat Smart, Be Fit, Maryland!*** Website is part of a research study at the University of Maryland 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.