






Hello Families!




The University of Maryland is interested in learning how children and families make food and physical activity choices. We have a short survey for you to complete about your family's eating and physical activity behaviors.



If you complete the survey by 11/27, you will receive a \$5 Amazon eGift card. You will also receive another survey in May. If you complete that survey, you will receive a \$20 Amazon eGift card.



Scan the QR code with your cell phone camera, or visit go.umd.edu/SurveyRequest to request the link to the survey!



Note: When we share the results from this project, we will only report results for the entire group. We will never use your individual name or responses.



If you have any questions about this survey, please contact me, Nicole Walker, via email at nicole4@umd.edu or via text at 443-518-9559.

Hello Frost Families!

2023-2024

My name is Mandy Hawkins and I am a nutrition educator with the University of Maryland Extension's SNAP-Ed program. I am excited to be partnering with Frost Elementary to help your child learn and grow in a healthy environment. This year, I will be providing activities that help children move more, select and taste healthy foods, and drink more water.

Teaching healthy habits is a team effort! Here are some ways you can get involved.

Take action at home!

- Ask your child about the nutrition lessons and healthy foods they try in the classroom and cafeteria.
- Visit extension.umd.edu/eatsmart to access hundreds of healthy recipes, plus a blog with tips for staying healthy and active. Use the Google Translate button to view content in your preferred language.
- Follow your school's electronic communications to see what is happening in the classroom, throughout the school, and in your neighborhood.
- Choose, cook, and try new foods together as a family.

Take action at school!

- Send your child to school with a reusable, filled water bottle each day.
- Participate in school meals. Read the menu together, and look for new foods to try!
- Ask your child's teacher for ways you can support a healthy, active classroom.

I look forward to seeing you at school-wide events and sharing exciting learning activities with your child.

See you at school!

Mandy Hawkins

Snap-Ed Program Leader & Nutrition Educator

Follow Maryland SNAP-Ed for family-friendly healthy eating and physical activity tips
Let's connect!



This institution is an equal opportunity provider.

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