

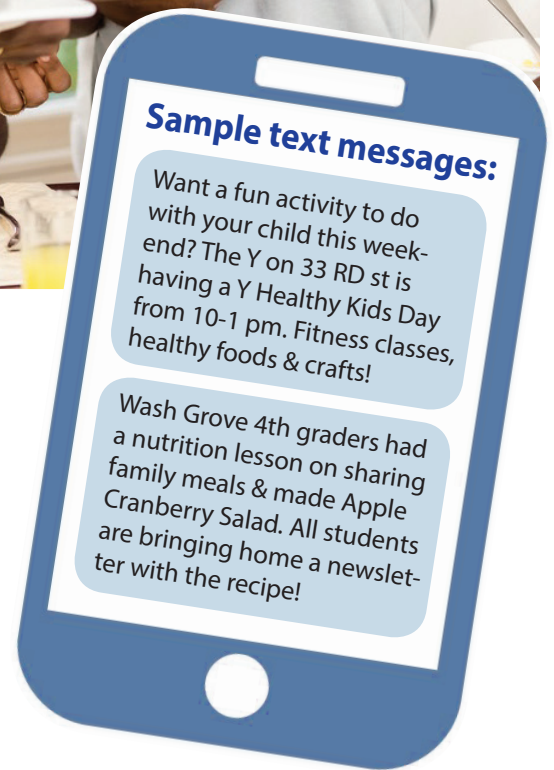


# TEXT 2B HEALTHY

FOOD AND FUN! TEXTING TIPS FOR FAMILIES



**Your child's school has partnered with the University of Maryland to offer a new nutrition program.** Text2BHealthy is a text message program to connect parents with school nutrition lessons, events, and the community. You will receive 1-2 messages per week about healthy eating, physical activity, and free community events.



## Sign Up Now!

# Text **PREP** to 30644

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression. This institution is an equal opportunity provider. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more about Maryland's Food Supplement Program (SNAP), contact the Maryland Department of Human Resources at 1-800-332-6347 or apply online at <https://mydhrbenefits.dhr.state.md.us/>.



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