Food from A to Z

In families with digital and print nutrition education resources to promote long-term, sustainable changes in dietary behavior.

“Anonymously, we understood the value of food. One way to improve food security is to promote healthy eating habits. In addition, we recovered more than 100 million pounds of produce and millions of dollars in resources. The goal today is to continue to support and serve those in need.” said Vincent Amonu, Anonymously Maryland/Ledgewood County Planner. “We know that the food access gap for low-income Marylanders has widened during the pandemic and we are committed to ensuring that residents have access to food and resources they need to help them during this health crisis.”

Bright Bless, a program operated by 30,000 volunteers, provides year-round food to those in need of food assistance. It offers a wide range of food and resources to residents in need. The program’s mission is to provide food and support to those in need and to empower communities to create a sustainable and inclusive food system.

SAFETY TIPS FROM A TO Z

Safety tips from A to Z are important in ensuring that food is safe for consumption. Parents should use the vehicle’s seat belt and LATCH system to secure the child in the car seat. It is important to ensure that the child is securely seated, with the harness straps snug and at or above the child’s shoulders when rear-facing and at or above the shoulder’s height when forward-facing. The seat should be properly installed and the child should be properly restrained.

Car seats, also known as child safety seats, play a crucial role in ensuring the safety of children while traveling in vehicles. It is recommended to inspect and replace car seats that have been in a crash. In addition, parents should always follow the manufacturer’s instructions for proper installation and use. When using a car seat, it is important to check the expiration date and to ensure that the car seat meets the appropriate safety standards. The National Highway Traffic Safety Administration (NHTSA) provides resources on car seat safety and encourages parents to check and install their car seats properly.

2020 Maryland Statewide Fruit and Vegetable Program

Statewide, we serve approximately 1.5 million people in need of healthy food. The program aims to increase access to healthy food and promote healthy eating habits. The program is funded by federal and state grants and is administered by the Maryland State Department of Health and Mental Hygiene. The program offers a variety of services, including fruit and vegetable distribution, healthy cooking classes, and nutrition education programs. The program is available to all eligible individuals, including those with limited access to fresh produce. To learn more about the program, visit www.md.gov/fruitandvegetable.