

## Web Resources

- [www.mypyramid.gov](http://www.mypyramid.gov)  
Valuable nutrition information for kids and families
- [www.bam.gov](http://www.bam.gov)  
"Body and Mind"  
Interactive website for kids and families to learn about staying healthy
- [www.movemore.org](http://www.movemore.org)  
Nutrition and physical activity information for kids and families with links to other local and online resources



For additional information and resources in your area please contact your local Healthy Maine Partnership

### Greater Augusta

Healthy Communities of the  
Capital Area  
(207) 588-5012

### Greater Waterville

Healthy Maine Partnership of  
Greater Waterville  
(207) 873-0686

### Sebasticook Valley Region

Sebasticook Valley Healthy  
Communities Coalition  
(207) 487-3890

### Somerset County

Greater Somerset Public Health  
Collaborative  
(207) 474-7473

# Community Menu of Options



## Nutrition for Kids

Prepared and distributed by the Move  
More Start Fit Stay Fit Committee  
[www.movemore.org/being\\_active/start\\_fit\\_stay\\_fit](http://www.movemore.org/being_active/start_fit_stay_fit)

## Start Fit Stay Fit

# Local Resources

## ○ KVCAP Healthy Families

A free home visiting program for first-time parents. Receive valuable developmental and parenting information from trained professionals

**Contact:** Kennebec Valley Community Action Program

**Kennebec County:**

1-800-542-8227 ext. 8517

**Somerset County:**

1-800-542-8227 ext. 2537

**Web:** www.kvcap.org



## ○ Eat Well Program

Income eligible families & schools receive nutrition and physical activity education by mail or visiting specialist

**Contact:** Local University of Maine Cooperative Extension

**Phone:** 1-800-287-0274

**E-mail:** www-questions@umext.maine.edu

**Web:** www.umext.maine.edu/EatWell

## ○ Breastfeeding Support Groups

Receive the personal support you need to get your baby's health off to a great start

**Contact #1:** Connie Finley at The Birthing Center at Inland Hospital

**Phone:** (207)861-3100 or 1-800-967-0087

**Contact #2:** Cheryl Bean-Moody at Maine General Waterville

**Phone:** (207) 872-1625

## ○ The Growing Years: Just in time parenting advice

Parents to be or families with children under age 5 receive fact sheets with age-related nutrition and development information

**Contact:** Local University of Maine Cooperative Extension

**Phone:** (207) 581-3445

**E-mail:** thegrowingyears@umext.maine.edu

**Web:** www.umext.maine.edu/TheGrowingYears



## ○ Kid Power

12 week sessions for kids ages 6-12 to learn about healthy nutrition practices while exercising

**Contact:** Jamye Martin at the Alfond Youth Center

**Phone:** (207) 873-0684 ext. 203

**E-mail:** jmartin@alfondyouthcenter.org

**Web:** www.alfondyouthcenter.org

## ○ Women Infants and Children (WIC)

Provides supplemental foods, monitoring of development, and nutrition education for income eligible families

**Phone:** 1-800-437-9300 or 207-287-3991

**E-mail:** wic.maine@maine.gov

**Web:** www.WICforME.com

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