EAT HEALTHY.
EAT LOCAL.
LIVE WELL.
Open the camera app on your smartphone.
Hold your device so that the QR code appears in the viewfinder in the camera app. Your device recognizes the QR code and shows a notification.
Tap the notification to open the link associated with the QR code.

To use the QR codes in this guide:

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Funding provided by the Maryland Department of Health's Centers for Disease and Control.
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HEALTHY EATING IS IMPORTANT AT EVERY STAGE OF LIFE AND CAN HAVE POSITIVE EFFECTS THAT ADD UP OVER TIME. IT’S IMPORTANT TO EAT A VARIETY OF FRUITS, VEGETABLES, WHOLE GRAINS, PROTEIN FOODS AND DAIRY. WHEN DECIDING WHAT TO EAT OR DRINK, CHOOSE OPTIONS FULL OF VITAMINS, MINERALS AND GOOD FORMS OF ENERGY. MAKE EVERY BITE COUNT.

Watch this video to learn how to make healthy food choices!
Proper Portion Control

Watch this video to learn how to read a nutrition label!
Worcester Wellness Weigh is a free 12-week program designed for adults and children. Participants complete courses each week using Google Classroom. Courses include videos, quizzes and other fun interactions.

Each participant is assigned a Physical Activity Coach and a Nutrition Coach and is also provided a polar heart rate transmitter that helps easily track progress. Learn how to eat healthy, be active and lose weight all within the comfort of your own home.

Learn more about the program here.
Learn how to purchase healthy, delicious food while staying within your food budget.

UNIVERSITY OF MARYLAND EXTENSION
WORCESTER COUNTY
305 BANK STREET
P.O. BOX 219
SNOW HILL, MD 21863

HOURS: MONDAY - FRIDAY
8:00AM - 4:30PM
EXCLUDING HOLIDAYS
PHONE: 410-632-1972
FAX: 410-632-3023

Watch this video to learn how to apply for SNAP Benefits.
Local Food Pantries

Diakonia
12747 Old Bridge Rd, Ocean City
Phone (410) 213-0923

Sarah's Pantry
The Community Church at Ocean Pines
11227 Racetrack Road, Berlin
Phone: (410) 641-5433

Sonrise Church
10026 Main Street, Berlin
By appointment only
Phone: (410) 629-1901

Son'Spot Ministries
12 Worcester St, Ocean City
Only providing carryout dinners and food bags every Thursday at 5pm.
Phone: (410) 289-1296
Community Gardens

Atlantic Club's Community Hope Garden
11827 Ocean Gateway, Ocean City
Phone: 410-213-1007

Atlantic General
Healthyway Drive Community Garden
9733 Healthyway Drive, Berlin
Phone: 410-641-1100

Corner Sanctuary
Pocomoke Community Garden
327 Clarke Ave, Pocomoke
Call Ahead 256-603-6127 or 903-497-6827

Snow Hill Community Garden
202 Federal Street, Snow Hill
Phone: 571-594-2569

For more information and to find out how you can access fresh produce, please call the community garden in your area.
• Assateague Farm- 11832 Assateague Rd, Berlin Phone: 410-660-5205

• Berlin Farmers Market- Pitts St, Commerce St, Main Street, Berlin Phone: 410-641-3600

• Berlin Organics- 8816 Stephen Decatur Highway, Berlin Phone: 410-973 2711

• Cross Farms- 9933 Pitts Road, Berlin Phone: 410-251-6824

• Ocean City Farmers Market- 115 St, Ocean City Phone: 410-726-5259

• Ocean Pines Farmers Market- White Horse Park, Ocean Pines Phone: 410-251-6383

• Snow Hill Farmers Market- 210 West Green St, Snow Hill Phone: 410-632-2080

• The Good Farm- 11341 Sinepuxent Rd, Berlin Phone: 410-713-8803

• Twin Oak Farms- 1128 Snow Hill Rd, Stockton Phone: 443-235-0203
Some love to do it, but for others, it is their least favorite thing to do - grocery shopping. When it comes to food budgeting for you and your family, it can be overwhelming. Grocery shopping doesn't have to be difficult when you are on a budget and you don't have to sacrifice delicious and healthy food. With a little advanced planning and creativity, you can eat balanced, healthy meals that your whole family will love.

Watch this video to see what groceries are available at local dollar stores.
What’s Cooking in Worcester is a cooking series that features delicious, nutritious takes on some of our favorite recipes including meals, snacks and desserts.

What’s Cooking in Worcester episodes air on Facebook and YouTube and teach viewers how to make recipes using healthy ingredients.

Follow us @worcesterhealth.

Check out recipes on our YouTube Page.