



Our mission is to make a positive difference in children's lives by increasing opportunities for healthy living.

**GROW healthy kids,
GROW healthy communities**

2018-2019 Annual Report & Year in Review

Nourish Run Play GROW



GROWCentralFlorida.org

Our Story

In 2009, our founder Colleen Gonzalez realized that not all schools could afford a school running program. Schools needed to have enough funds and volunteers to sustain such a program, and many schools lacked these resources.

After establishing a running program and supporting several schools, Colleen established GROW to provide resources for running programs at low-resource schools throughout Seminole County.

Since then, GROW has expanded & supports other grass root efforts that foster children's health and overall well-being.

Please join us on our journey and help keep the good GROWing!



Cross Country Running

5,019 children ages 5-12 registered to participate in this sport at no cost to their families or their schools

- GROW supported 52 volunteers in 43 schools
- On average, students received 1 hour & 15 minutes additional physical activity beyond normal school hours each week
- Participants had the opportunity to participate in eight running meets that were held on Saturdays between December & February
- GROW makes sure that volunteer coaches have all the durable goods and resources they need for their teams. These include shirts, shoes, and items needed for events.

Community Ball Drive

830 basket, soccer and sports balls were distributed by law enforcement at nine agencies

Inspiring youth to be active over the summer can be a difficult. Families who are economically challenged may lack the means to enroll their youngsters in summer sports programs. To help these families, GROW partnered with every law enforcement agency in Seminole County to distribute sports balls. Neighborhood outreach patrols received over **830** sports balls. This allowed deputies and officers to connect with kids while out on patrol, befriend them, and give them balls for summer fun!



4 play spaces were revitalized

During the 2018-2019 school year, GROW engaged community volunteers to revitalize four spaces for children to play.



Pine Crest Elementary

Play Space Revitalization



Geneva Elementary



Recess Toys for Schools



9 schools received recess toys

Due to growing student populations, at many playgrounds students face lines to use the large play equipment.

During the 2018-2019 school year, GROW furnished 9 schools with recess toys for such play. Quality recess toys help children to have physically active and enjoyable recess periods. With GROW's support, teachers need not buy such toys themselves, as many had been doing.

416 pairs of shoes were distributed

Each day teachers, social workers and school resource deputies encounter children in need of proper footwear that encourages physical activity.

Thanks to our SmartSimple portal and Fleet Feet Orlando, school staff can request needed shoes for their students.

Shoes for Students



Grass Root Outreach Within



During the 2018-2019 school year, GROW has supported Grass Root Volunteers who want to exceed expectations and defy odds. Efforts include:

- Providing nutrition and physical activity games for schools, law enforcement agencies or community groups to use and return
- Mentored & supported the Seminole & Lyman High Civic Engagement classes with programming that focused on stress reduction for middle and high school students
- Supported four school based 5k events with needed durable goods resulting in \$38,000 raised for local schools



Thank you to our 2018-2019 Sponsors

Presenting
\$10,000 or more

2018-2019 GROW Board:

Executive Director & Founder: Colleen Gonzalez

President: Kerri Segrest - Red Bug Elementary, Physical Education Teacher

Treasurer: Fritz Voltaire - Rescue Outreach Mission, Community Relations Dir.

Secretary: Luis Gonzalez - Holland & Knight Law Firm, Partner

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Eric Shivers - Rudolph & Shivers, Certified Public Accountant

Melodie Griffin - Action for Healthy Kids, State Coordinator

Courtney Ashworth - Seminole County Sheriff's Office

Lenore Logsgon - Idyllwilde Elementary, Principal

Thank you community partners!

Your collaboration, camaraderie & support helps us GROW the good!

- Orlando City Soccer Foundation
- Orlando Magic Foundation
- The Home Depot Foundation
- FL Department of Health
- Action for Healthy Kids
- Oranole Foundation
- Sports 4 the Kids



Track Shack
Youth Foundation

Platinum - \$5,000 or more

Smart Simple
Fleet Feet Orlando
Subway Development Co. of Central FL

Gold Sponsor - \$2,500 or more

The Home Depot
Orlando Orthopaedic Center Foundation

Silver Sponsor - \$1,000 or more

Adult Toy Storage Nemours Jinx-It Rainbow Childcare Center
The Holland & Knight Foundation Whole Family Healthcare

Bronze Sponsor - \$500 or more

Panera Bread	Kindred Optics	Security 101
The Hearth Group / ReMax	Massey Services	Sunbelt Rentals
Jonathan McGrath Construction	Rudolph & Shivers CPA	Rotary Club of Altamonte

Booster Sponsor - \$250 or more

Target Boosterthon Fun Run Publix Charities The Coca-Cola Company Sign-o-Saurus
LotsaPanache Dream Shop Crate Depot Lady Bird Academy Wiring Technologies Distinctive Dentistry
Marc Shore Associates Central Florida Business Installation

Special thanks to our volunteer photographers who capture the work of grassroots efforts:

Michael Padget www.MichaelFullana.com www.LoveInPhotos.com Eric Padget Robert Kliner

GROW Central Florida is proud to be an **Action for Healthy Kids** Parent Ambassador. Learn more at www.parentsforhealthykids.org

www.GROWCentralFlorida.org (407) 461-2611 Info@GROWCentralFlorida.org

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