



# G.R.O.W.

HEALTHY KIDS

GROW healthy kids, GROW healthy communities

## *New Name, Same Mission:*

to make a positive difference in children's lives by increasing opportunities for physical activity & healthy living

*Serving Central  
Florida Since  
2015*

# Celebrating 7 years of service

Since 2015, **GROW** has grown in many ways. You may have noticed the name change from **GROW Central Florida** to **GROW Healthy Kids**. We are the same mission driven nonprofit, but with a name that better tells the community what we do.

Through **Grass Root Outreach Within** communities, we can now expand to empower leaders across Florida to take action and develop healthy kids through basic fitness and play.

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

Learn more:  
[www.GROWHealthyKids.org](http://www.GROWHealthyKids.org)



Scan to see a December 2022 Cross Country Meet:



## Run to GROW

Over 30,000 Happy, Healthy, & Strong Runners

In seven years of nonprofit service, we have helped on average, 38 schools per year with running club programming. Although the COVID-19 pandemic threw us some hurdles, programming has returned to normal in the 2022-2023 school year.



## Inspiring Positive Interactions Between Cops & Kids

Since 2018, we have distributed  
8,142 sports ball resource bags.

The **GROW Healthy Kids** sports ball resource bags can help buffer and heal trauma from the start by having immediate access to a tangible resource to process stress while fostering a positive connection with a trusted adult.

Since 2021, GROW has provided the sports ball resource bags to law enforcement agencies in Seminole, Orange, Osceola, Lake, Marion, Volusia, and Brevard counties.

Scan to view the May 2022  
FOX 35 News Report:



**G.R.O.W.**  
Healthy Kids  
Inspiring Positive Interactions  
Between Central Florida Cops & Kids



Youth volunteers helping serve Officers / Deputies



## Recess Toys for Teachers

1690 teachers have been supported in 7 yrs.

Increasing student populations have created challenges for recess play. To help elementary classes stay engaged in physical activity, **GROW Healthy Kids** works to provide identified schools with resources so students do not have to walk the bus loop or play in a field with no toys during recess. In August of 2022, we worked with 31 schools in Seminole and Orange County to provide 667 classrooms with recess supplies.

Scan to see the Sep 22, 2021 news report - Fox 35 Orlando



Since 2015, over 5,550 new shoes have been distributed

## Shoes for Students In Need



Each day, school staff, social workers, and school resource deputies encounter children in need of proper footwear, which encourages participation in school and basic physical activity. Helping youth be active also helps them process stress and anxiety. Thanks to our partners at Fleet Feet Orlando, Vans Florida Mall, and through community donations, we work with 58 school partners in Orange & Seminole County providing over 5,550 students with new athletic shoes.

## Other Highlights: In 2022 we moved to a real office

Thanks to the **Neighborhood Co-Op** located at the First United Methodist Church of Sanford, we have a new office! This space provides a location for volunteers to gather and work. Are you interested in joining our team?

Email: [Info@GROWHealthyKids.org](mailto:Info@GROWHealthyKids.org)

GROW Health Kids  
419 South Park Avenue  
Sanford, FL 32771  
[www.GROWHealthyKids.org](http://www.GROWHealthyKids.org)



# Thank you to our 2022 Sponsors

## 2023 GROW Board of Directors:

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**Treasurer:** Fritz Voltaire - Entrepreneur, Community Wellness Advocate

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**Melodie Griffin** - MHA, Community Outreach Director,

Winter Park Health Foundation

**Jason McCormick** - Founder, Principal: Aedieno,

Xperient, Peeple (Cnsortium)

## Thank you community partners!

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

FL PedBike Resource Center  
TCS New York City Marathon  
The Neighborhood Co-Op  
FL Department of Health  
Action for Healthy Kids  
Oranole Foundation  
Stetson University  
Victory Track Club  
Sports 4 the Kids  
Ladies 327

**\$15,000 or more**

\* Inkind

Fleet Feet Orlando\* - Academy Sports & Outdoors\* - Good Sports\*

**\$10,000 or more**

Enterprise Holdings Foundation - Track Shack Youth Foundation  
Good Sports\* - Oviedo Mall\* - National Pest Management Association\*

**\$5,000 or more**

City of Orlando - Orlando City Soccer Foundation\* - The Van's Store FI Mall\* - Track Shack Events\*

**\$2,000 or more**

SoldByCarlVano.com - Whole Family Health Care - Wells Fargo - In Loving Memory of Donald Basile  
Cnsortium (Aedieno, Xperient, Peeple), - Dave Mathews Bank Gorge Crew & Fit Club - Jinx-It\* - Orlando Magic\*

**\$1,000 or more**

Healthy West Orange - Rotary Club of Altamonte - The Maxwell Family - The Shiver Family - Anonymous  
Orlando Margarita Society\*

## Special thanks to our volunteer photographers & graphic artists:

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#RunToGROW  
#PlayRunRelaxGROW

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