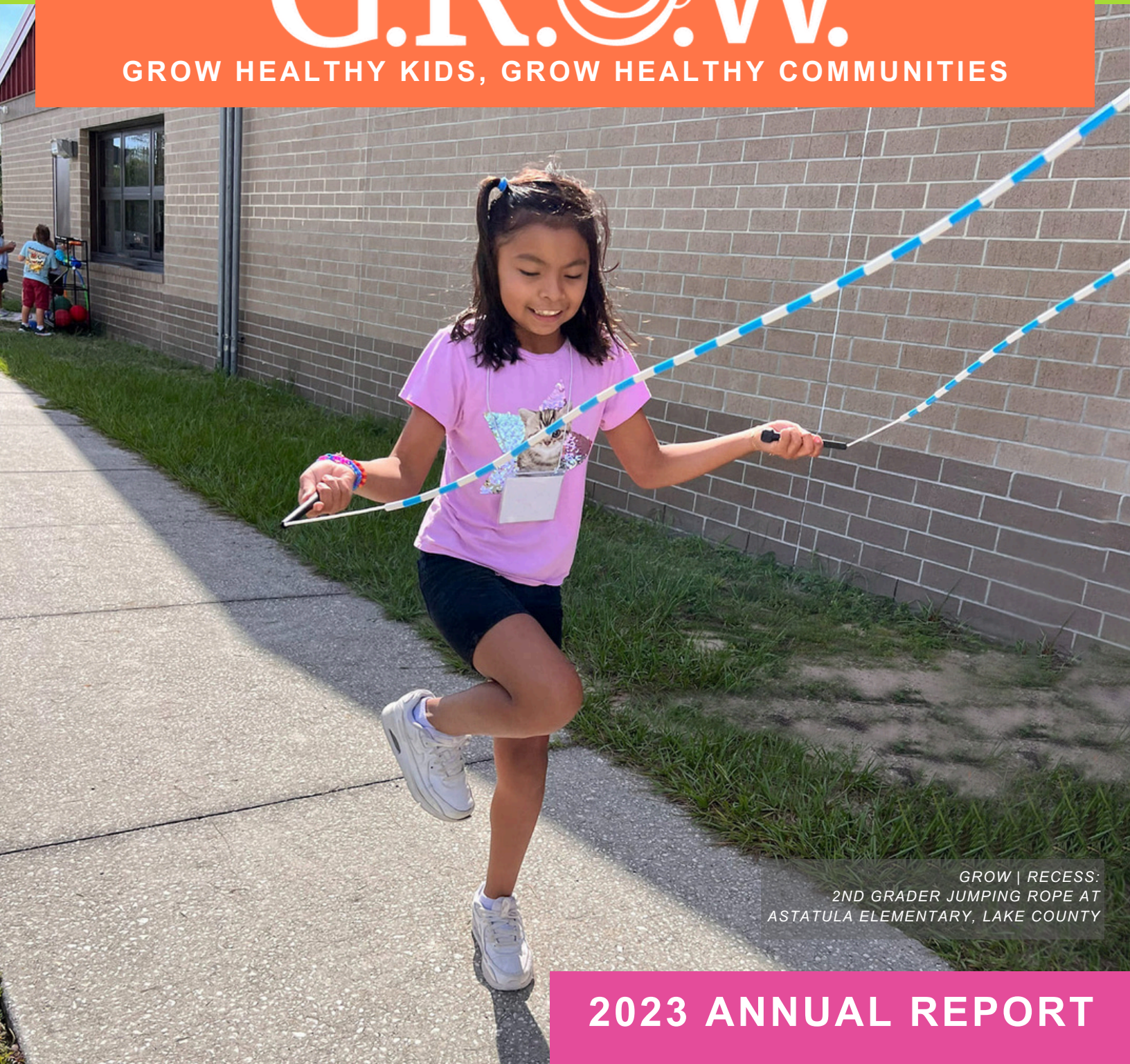




GROW.

GROW HEALTHY KIDS, GROW HEALTHY COMMUNITIES



GROW | RECESS:
2ND GRADER JUMPING ROPE AT
ASTATULA ELEMENTARY, LAKE COUNTY

2023 ANNUAL REPORT

**MAKING A POSITIVE DIFFERENCE IN CHILDREN'S LIVES BY
INCREASING OPPORTUNITIES FOR PHYSICAL ACTIVITY &
HEALTHY LIVING SINCE 2015**

A Note from our Executive Director:

"GROW is such a blessing to my school. You touch so many students in such a positive way"

- SHARON MESSINA, PE TEACHER AT ENGELWOOD ELEMENTARY, ORLANDO



"Your partnership has helped my students... who arrive in our country with little or no resources to start their new journeys. Your donation is giving my students the chance to attend school on a daily basis and wear comfortable shoes!"

- MARIE ECHEVARRIA, M.ED., ESOL COMPLIANCE AT EDGEWATER HIGH, ORLANDO

Think back to when you were a kid - was there truly anything better than playing outside with your friends? We'd double dutch or play kickball until the streetlights came on! Unfortunately, it's not the same world today, and kids don't have the same active opportunities we did.

Since our start in 2015, GROW Healthy Kids has endeavored to remove barriers and provide active opportunities for students all across Central Florida. Together with your support over the years, we have invested more than \$1 million in creating healthier, happier, and stronger outcomes for our children. This year, you helped positively impact the lives of more than 25,000 kids and that's definitely something to celebrate!

Yours in health,

COLLEEN GONZALEZ
FOUNDER AND EXECUTIVE DIRECTOR

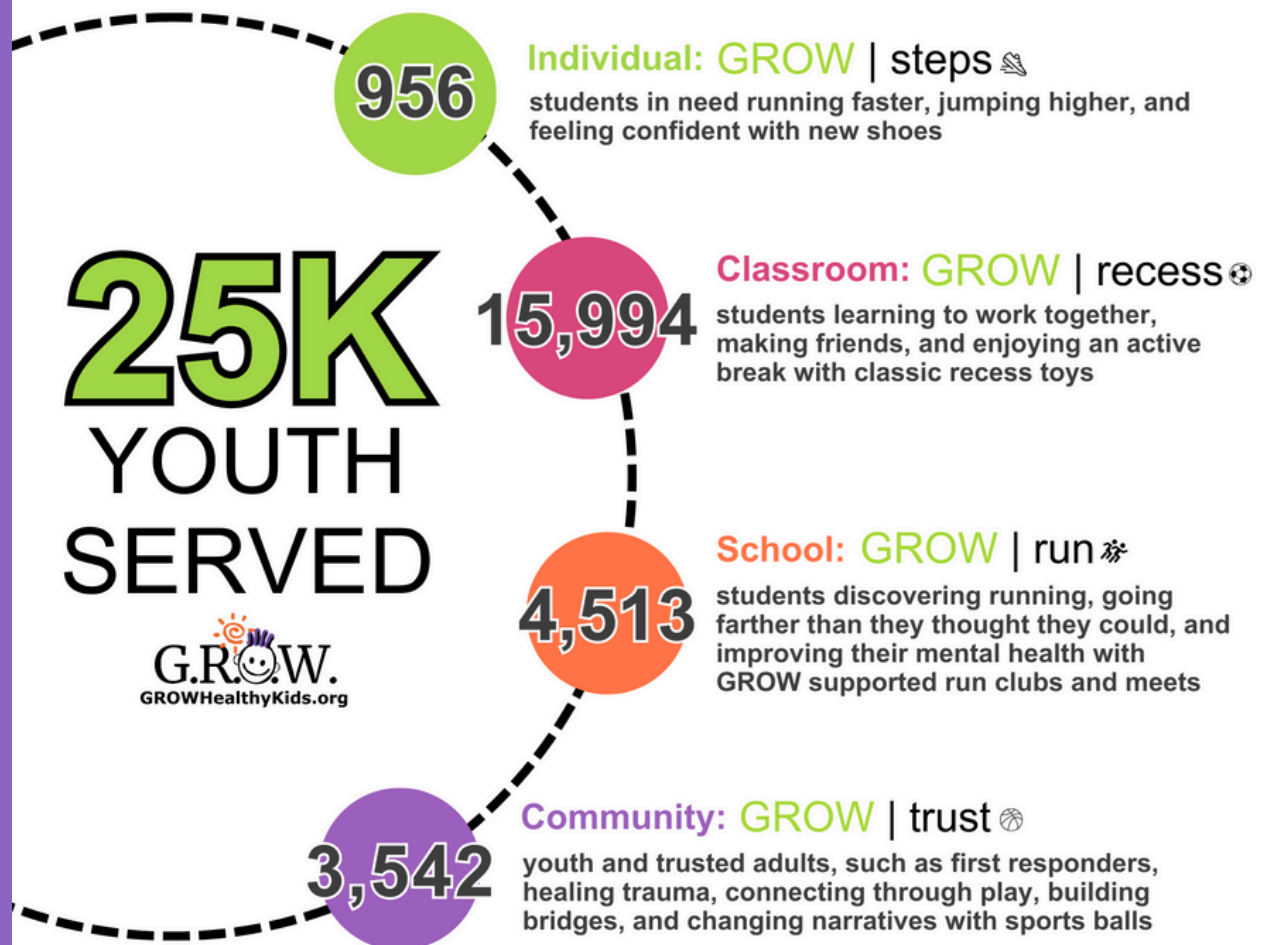


GROW | RUN:
CROSS COUNTRY MEET AT MARKHAM WOODS MIDDLE, SEMINOLE COUNTY



GROW | TRUST:
OCOCHEE POLICE DEPT., ORANGE COUNTY

GROW Healthy Kids 2023 Total Outreach Impact:



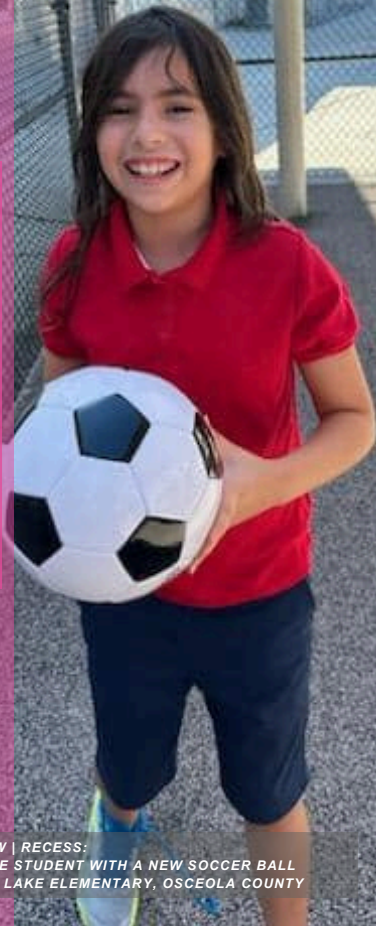
GROW | steps



EVERY DAY, SCHOOL STAFF, SOCIAL WORKERS, & SCHOOL RESOURCE OFFICERS ENCOUNTER CHILDREN IN NEED OF APPROPRIATE FOOTWEAR - SHOES THAT FIT & ENCOURAGE PARTICIPATION IN BASIC PHYSICAL ACTIVITY. BEING ACTIVE ALSO HELPS THEM PROCESS STRESS & LOWERS ANXIETY. THANKS TO OUR PARTNERS AT FLEET FEET (MAITLAND, SODO, & NEW SMYRNA), VANS AT FLORIDA MALL, & COMMUNITY DONATIONS, ALMOST 1,000 CHILDREN AT 73 SCHOOLS & ORGANIZATIONS THROUGHOUT ORANGE & SEMINOLE COUNTIES RECEIVED A PAIR OF MUCH NEEDED SHOES THIS YEAR (& ALMOST 9,000 CHILDREN SERVED SINCE 2015!)

GROW | STEPS: WICKLOW ELEMENTARY, SEMINOLE COUNTY

GROW | recess



INCREASING STUDENT ENROLLMENTS HAVE OVERRUN THE CAPACITIES OF OUR SCHOOL PLAYGROUNDS, CREATING HUGE CHALLENGES FOR STATE-MANDATED (BUT NOT FUNDED) RECESS. TO KEEP TEACHERS FROM BEARING THE FINANCIAL BRUNT OF PROVIDING RECESS TOYS FOR THEIR STUDENTS, WE PROVIDE IDENTIFIED SCHOOLS WITH PORTABLE RESOURCES SO STUDENTS ARE ENGAGING IN ACTIVE, COOPERATIVE PLAY NO MATTER WHERE THEIR RECESS ROTATIONS TAKE THEM (INSTEAD OF TRUDGING AROUND A BUS LOOP OR DIGGING IN THE DIRT OF AN EMPTY FIELD). THIS YEAR, THESE CLASSIC PLAYGROUND TOYS ARE HELPING ALMOST 16,000 STUDENTS IN 825 CLASSROOMS IN 81 SCHOOLS ACROSS 5 COUNTIES ENGAGE IN COOPERATIVE PLAY & INCREASE THEIR CLASSROOM FOCUS EACH DAY (& APPROX. 50,000 STUDENTS SINCE 2016!)

GROW | RECESS: K-2 VE STUDENT WITH A NEW SOCCER BALL EAST LAKE ELEMENTARY, OSCEOLA COUNTY

GROW | run



IN 8 YEARS OF NONPROFIT SERVICE, WE HAVE ENDEAVORED TO BRING THE JOY OF RUNNING TO MORE THAN 38,500 CHILDREN IN ORANGE & SEMINOLE COUNTIES. SINCE THE BEGINNING, WE'VE SOUGHT TO ENCOURAGE & SUPPORT OUR LOCAL VOLUNTEER RUN CLUB COACHES BY PROVIDING STUDENT INCENTIVES, TRAINING MATERIALS, & CROSS COUNTRY RACE COORDINATION & SUPPLIES.

THIS YEAR, WE SERVED 34 RUNNING CLUBS - GIVING MORE THAN 4,500 ELEMENTARY RUNNERS FROM PUBLIC SCHOOLS ALL ACROSS SEMINOLE COUNTY A COST-FREE OPPORTUNITY TO BE A PART OF A TEAM, DEVELOPING PHYSICALLY ACTIVE HABITS, IMPROVING THEIR MENTAL HEALTH & SELF CONFIDENCE, AS WELL AS BOOSTING THEIR CLASSROOM PERFORMANCE.

GROW | RUN: SCPS RUN CLUB RUNNERS AT TRACK SHACK'S SMILE MILE, ORANGE COUNTY

GROW | trust



GROW'S SPORTS BALL RESOURCE BAGS CAN HELP BUFFER & 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. THIS YEAR, WE WORKED WITH LAW ENFORCEMENT AGENCIES ACROSS BREVARD, LAKE, MARION, ORANGE, OSCEOLA, POLK, SEMINOLE, & VOLUSIA COUNTIES TO DEPLOY MORE THAN 3,500 RESOURCE BAGS TO START BUILDING VITAL COMMUNITY BRIDGES - THAT'S MORE THAN 11,800 CONNECTIONS SINCE LAUNCHING THIS POWERFUL INITIATIVE IN 2018!

GROW | TRUST: SEMINOLE COUNTY FIRE DEPT., SEMINOLE COUNTY

2024 GROW Healthy Kids Board of Directors:

President: Dr. Jaime Candelori
- MD Pediatrician, Swell Care for Kids

Vice President: Melodie Griffin
- MHA, Grants & Programs Manager, CareQuest Institute for Oral Health

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Secretary: Mandy Layman - MS, RD, LD/N CDE, Nemours Children's Health System

Directors:
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Jennifer Napier - Community Engagement Central Florida Division, Advent Health

Shane Peludat - Area Manager, Enterprise Holdings

2024 GROW Healthy Kids Staff:

Executive Director & Founder: Colleen Gonzalez

Program Director: Ashley Dykes

Thank you, Community Partners!

Your collaboration, camaraderie, and support help us GROW the good!

- TCS New York City Marathon
- The Neighborhood Co-op
- Florida Dept. of Health
- Boys Town

Thank you to our 2023 Sponsors!

\$25,000 or more



\$15,000 or more



\$10,000 or more



\$5,000 or more

Managed Services Group - Vans Florida Mall* - Academy Sports & Outdoors* - Cnsortium (Aedieno, Xperient, Peeple)* - Orlando City/Orlando Pride* - Seminole Mall Realty Holdings, LLC* - Healthy West Orange - Anonymous - Orange County Sheriff's Office - Orlando City Soccer Foundation

\$2,500 or more

Altamonte Springs Rotary Club - Jinx-IT* - Personal-Tees, Inc.* - Edyth Bush Institute* - Winter Park Health Foundation - Seminole County Sheriff's Office - The DiPasqua Family

\$1,000 or more

Publix Charities - The Maxwell Family - Orlando Margarita Society* - Chris Snivley, Wells Fargo - The Jackson Family - The Mercier Family - The Singer Family

*In-Kind donation of goods or services

Special thanks to our volunteer photographers & graphic artists!

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