

Food Stamp Program Services

Loving Your Family
Feeding Their Future
Nutrition Education Through The Food Stamp Program

To learn more about food, nutrition,
and **nutrition education classes** call:

Attach contact information label here



To apply for food stamps, call or go to
your local food stamp office.

If you need help finding your local food stamp
office, call 1-800-221-5689 or go to the Food
Stamp Web site at www.fns.usda.gov/fsp.

The people who work in the Food Stamp
Program really do care about your family's
health and happiness. Talk with them and
learn more about nutrition education classes
for you and your family because you know...



Their future means everything to you



U. S. Department of Agriculture
Food and Nutrition Service

USDA is an equal opportunity
provider and employer.

Their future
means
everything
to you

The Food Stamp Program Helps with Nutrition Education

Your first thought when you wake up and your last one before you fall asleep is your family. Their health and future mean everything to you.



Eating healthier foods helps your kids do well in school.

You already know that healthy eating is important for the entire family. And you know the Food Stamp Program provides help with food if times get tough. Food Stamp Program **nutrition education** can also help you:

- Cook easy, quick, and tasty meals that your whole family will love.
- Get your kids to eat more fruits and vegetables and like them.
- Stretch your food dollars.
- Get your family to be more physically active and have fun.

The Food Stamp Program cares too. That is why they offer **nutrition education** for you and your family.

The Food Stamp Program provides **nutrition education** in many ways. You can go to classes, talk with nutrition educators, and practice how to shop and cook. Check with your food stamp office to see what they offer.



Check with your Food Stamp Program to learn more about **nutrition education**. Call the number on the back of this page today!