

# **FOOD STAMP NUTRITION EDUCATION PROGRAM**

**FREE nutrition information for  
Food Stamp Program eligible persons.**

***Ask about our schedule of nutrition workshops, and home visits!***  
(also available in Chinese, Spanish, Vietnamese)

## ***LEARN-BY-MAIL HOW TO:***

- ◆ **Eat better for less**
- ◆ **Shop wisely**
- ◆ **Save money**
- ◆ **Successfully feed a healthy family**



## ***SIGN UP TO RECEIVE SIX MAILINGS FILLED WITH:***

- ◆ **Nutrition brochures**
- ◆ **Shopping tips**
- ◆ **Nutritious, low-cost recipes**



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