



FNP

Family Nutrition Program

IOWA STATE UNIVERSITY
University Extension

Do you want to:

Buy *more* with your food dollars?

Save time in the store and in the kitchen?

Feed your kids healthier foods?

Make easy, low-cost meals?

Eat better so you feel better?

Be motivated to be more active?

Get free recipes, gifts, and food samples?



Eating Smart ★ Being Active

To find out more about **FREE** nutrition lessons for
limited income families with children under age 10 contact:

Family Nutrition Program

Story County Extension

515-382-6551

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The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the local Department of Human Services office serving the county where you live, or call toll-free at 1-877-YES-FOOD. This material is funded by the Expanded Food and Nutrition Education Program, USDA's Food Stamp Program, and Iowa State University Extension.