

**TAKE**  
**Charge**  
of **YOUR**  
**Child's**  
**Health**



**Healthy**

**Children**

**become**

**Healthy**

**Adults**

# We can help! How?

**TASTE** new foods

**COOK** healthy  
meals and snacks

**MOVE** more

**MAKE** new friends

**IMPROVE** your  
child's performance  
in school

**Give us  
a call and  
we'll help you  
get started.**



**Contact our Family Nutrition Program  
Assistant listed below to find out  
how we can help.**

**Or call, toll free, 1-888-814-7627.**

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is funded by USDA's Supplemental Nutrition Assistance Program — SNAP which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services.



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