



Learn
how to cook
healthy foods
and **save money!**

Learn how to keep your family
healthy and **feeling good!**

AND IT'S FREE!

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027) found online at http://www.ascr.usda.gov/complaint_filing_cust.html or at any USDA office, or write a letter addressed to USDA, and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by mail, fax, or email:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, DC 20250-9410
(202) 690-7442 (fax)
program.intake@usda.gov

Copyright 2016 by Mississippi State University. All rights reserved. This publication may be copied and distributed without alteration for nonprofit educational purposes provided that credit is given to the Mississippi State University Extension Service.

Produced by Agricultural Communications.

We are an equal opportunity employer, and all qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability status, protected veteran status, or any other characteristic protected by law.

Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. GARY B. JACKSON, Director **M2102 (02-16)**



EXTENSION



SNAP-Ed
Supplemental Nutrition Assistance
Program Education

GROW STRONG

A program funded by the U.S. Department of Agriculture promoting healthy people, healthy places, and healthy communities in Mississippi.



SNAP-Ed

Supplemental Nutrition Assistance
Program Education

GROW STRONG

GROW STRONG

SNAP-ED IS ACTIVITIES THAT WILL HELP YOU TO

- read food labels in the grocery store.
- save money on groceries.
- make your food budget last until the end of the month.
- make healthier food choices.
- be more active.

THESE ACTIVITIES ARE TAUGHT BY AN EDUCATOR WHO

- lives in your community.
- knows what it is like to live there.
- cares about your success.

YOU WILL

- cook healthy meals yourself.
- learn about handling food safely.
- taste the food you cook.
- get copies of the recipes to take home.

We serve children and their parents, adults, and older adults. All are welcome!



If you are eligible for assistance programs like SNAP, you are also eligible for SNAP-Ed.

To sign up, contact your local office of the Mississippi Department of Human Services or your local office of the Mississippi State University Extension Service. You can also call Extension's Office of Nutrition Education at (662) 325-1340.