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Michigan State University Cooperative Extension Service  
N.A.  
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CMYK

**The Family Nutrition Program is open to everyone and free to those eligible for food stamps.**

The program is especially for those having trouble making ends meet or concerned about stretching dollars to feed themselves or their families nutritious meals.

Activities and programs are designed specifically for you. In a group or working one-on-one with an instructor, you can talk about ideas and see them put into practice. Handouts and newsletters give you the chance to take home what you've learned.



**Family Nutrition Program**  
**Extension Bulletin E-2595 ■ May 1996**

Learn more about how to

- ✓ **Prepare nutritious meals**
- ✓ **Manage your money**
- ✓ **Improve your life**

by joining the

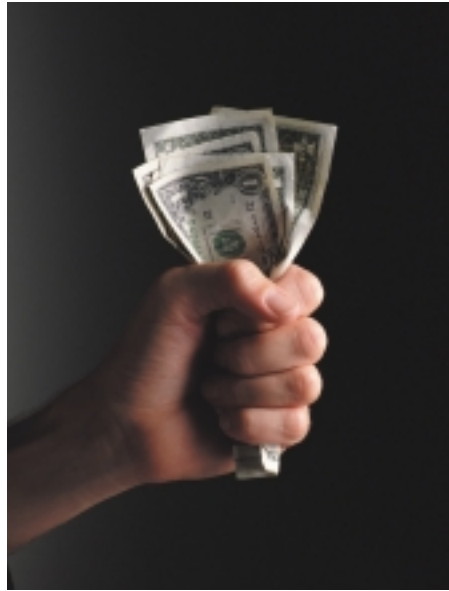
# FAMILY NUTRITION PROGRAM



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100M-5:96-Price 15 cents, single copy free to Michigan residents.





*Join us and learn why nearly 200,000 people have already taken part in the Family Nutrition Program.*

*To take part in the program, call or visit your Michigan State University Extension county office. Just look in the phone book under "County Government" to find the Extension office that serves you.*

***Improve your skills:***

- Money management
- Nutrition
- Menu planning
- Selecting and preparing food
- Food safety.

Take this step to improve your life and the lives of those in your family.

Education credit received for FNP can be applied toward the Social Contracts offered by Michigan's Family Independence Agency

The Family Nutrition Program is offered by Michigan State University Extension and the Michigan Family Independence Agency. It serves people of all ages, regardless of race, disability, marital status, address or citizenship.

The instructors are trained by Michigan State University Extension.

