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- (1) mail: Food and Nutrition Service, USDA  
1320 Braddock Place, Room 334  
Alexandria, VA 22314; or
- (2) fax: (833) 256-1665 or (202) 690-7442; or
- (3) email: [FNCSIVILRIGHTS COMPLAINTS@usda.gov](mailto:FNCSIVILRIGHTS COMPLAINTS@usda.gov)

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# SNAP-ED

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

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



Learn how to cook healthy foods and save money!

Learn how to keep your family healthy and feeling good!

# AND IT'S FREE!



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for quick and easy step-by-step recipes and how-to videos



to learn about being active



to learn about cooking



## SNAP-ED PROVIDES ACTIVITIES TO HELP YOU

- 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 AND OLDER ADULTS. ALL ARE WELCOME!



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

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