



The Family Nutrition Program (FNP) is a food and nutrition education program for persons who are eligible for, receiving, or have applied for the Bridge Card (Food Stamps).

Instructors educate participants on nutrition, food selection, budgeting, and food safety. Sessions are offered one-on-one in the home, or in groups at community agencies.

Instructors also serve as referral sources for other services available in the community.



The Family Nutrition Program provides instruction on the following topics:

- Quick and Easy Meals
- Keeping Food Safe
- Label Reading
- Choosing Healthy Snacks
- Food Storage
- Making the Most of Your Food Dollar
- Food Guide Pyramid
- Live It, Don't Diet
- Feeding Children
- Eating Healthy When Dining Out
- Five-A-Day for Health

For more information contact:

MSU Extension - Bay County
515 Center Avenue, Ste. 301
Bay City, MI 48708-5124

Voice: (989) 895-4026

Fax: (989) 895-4217

E-mail: msue09@msu.edu

Web: msuextension.co.bay.mi.us



Michigan State University Extension is an equal opportunity provider and employer

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Yes, I am interested in the Family Nutrition Program.

Name: _____

Address: _____

City: _____

Zip: _____

Daytime Phone: _____

Send registration to :

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515 Center Avenue, Ste. 301
Bay City, MI 48708-5124

or call (989) 895-4026.



Other programs offered through MSU Extension include:

- ✓ **Breastfeeding Initiative:** offers breastfeeding support to new mothers.
- ✓ **Building Strong Families:** offers parenting classes for parents with children ages birth - three years.
- ✓ **4-H:** offers a variety of clubs that children ages 5-19 can sign up for, covering everything from crafts to livestock.
- ✓ **School Programs:** the Family Nutrition Program offers a variety of school programs for pre-school through elementary.
- ✓ **Successful Futures:** offered to all pregnant women, and parents with children ages 0-6, providing resources that aid in your child's physical, emotional, and educational development.



Family Nutrition Program



Free nutrition education classes to those who qualify for, have applied for, or are receiving the Bridge Card (formerly Food Stamps.)

