



Support local farmers... use Food & Nutrition Services.

Check with your local farmers' market and ask if they take Food & Nutrition Services benefits. It's a great way to enjoy fresh produce and support local farmers!

For more information, call 919-334-1224,
or visit www.fns4nc.org.



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Healthy Food, Healthy Families.

Food & Nutrition Services is a great way to put healthy food on the table.
And, new rules mean more families are eligible.
Households may qualify even if they own a home or car,
or have a retirement plan or money in the bank.

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**Want to Help
Your Community?
Use Food &
Nutrition Services.**

Food & Nutrition Services helps qualifying households and the communities they live in. For every dollar in benefits you spend, nearly **two** dollars goes back into the economy!

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