



Your child has you  
— You have 



- ♥ Pregnant & Breastfeeding women
- ♥ Children Birth to Age 5
- ♥ **FREE** Food
  - Value of \$60 per person each month
  - Fresh fruits and veggies, milk, cheese, yogurt, eggs, baby food, and MORE
- ♥ **FREE** Breastfeeding help with a certified counselor
- ♥ Clinics in Bellaire, Boyne City, Charlevoix, Elk Rapids, Gaylord, Mancelona, Pellston and Petoskey
- ♥ Immunizations and Fluoride also available

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You or a friend may qualify for this program:

Family Size	Annual Income
2	\$ 30,044
3	\$ 37,777
4	\$ 45,510
5	\$ 53,243
6	\$ 60,976
7	\$ 68,709

Pregnant woman is counted as one + the number of infants expected.



For more information:  
**1-800-432-4121**  
**nwhealth.org**

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.aser.usda.gov/complaint\\_filing\\_cust.html](http://www.aser.usda.gov/complaint_filing_cust.html), and 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:

- (1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: [program\\_intake@usda.gov](mailto:program_intake@usda.gov).

This institution is an equal opportunity provider.



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