



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	\$ 30,451
3	\$ 38,443
4	\$ 46,435
5	\$ 54,427
6	\$ 62,419
7	\$ 70,411

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



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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

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, 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.

This institution is an equal opportunity provider.



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