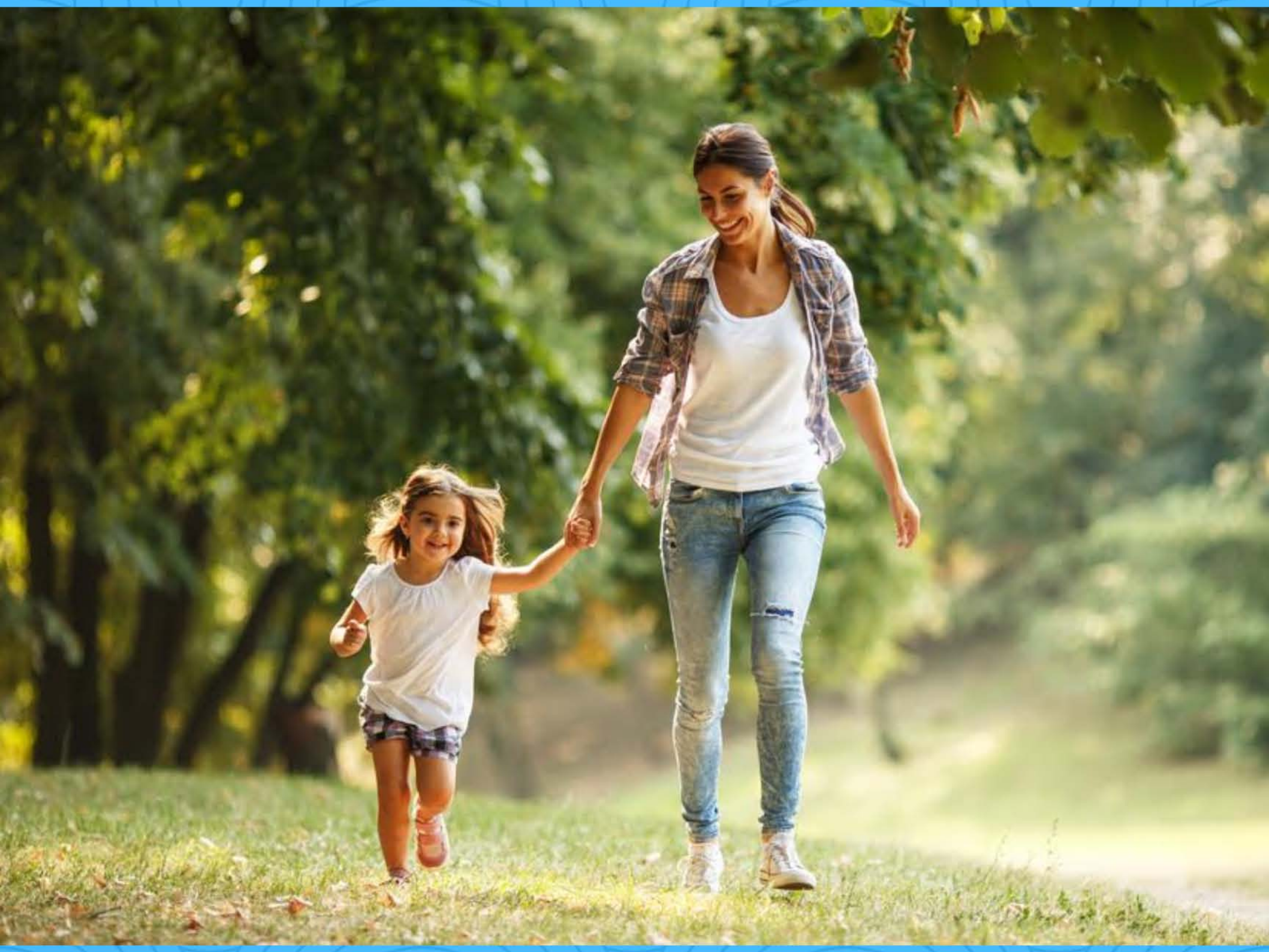
Move more... Watch less



Eat healthy, Be active...Your kids are watching

A message from your local Fit Families SNAP-Ed project at WIC.

This institution is an equal opportunity provider. Printing of this poster was funded by USDA's Supplemental Nutrition Assistance Program- SNAP. The Supplement Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Fit Families SNAP-Ed project at WIC.

fit families