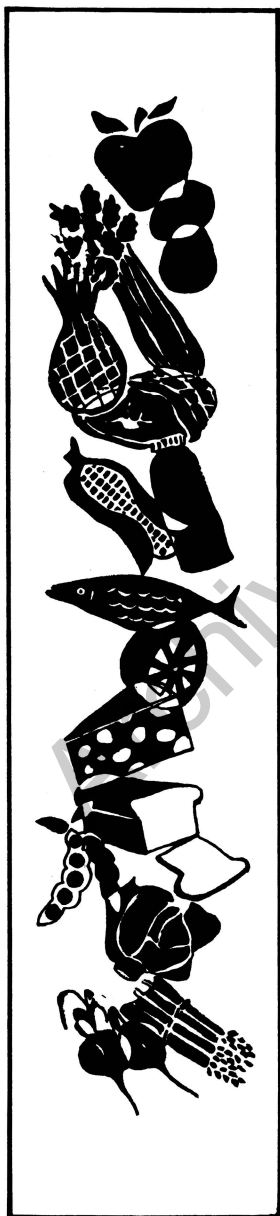


# GOT A FOOD PROBLEM ??



The University of Missouri  
Extension  
has a program to help you...

UED28  
Extension Division  
University of Missouri  
Columbia  
1975

**For you and your family to be healthy, eat the following each day:**



- Two servings of meat, fish, fowl, eggs, dried beans or peanut butter.
- Two servings of milk, cheese or ice cream.

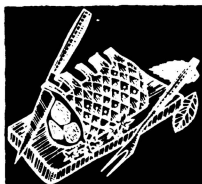
- Four servings of fruits and vegetables.
- Four servings of breads and cereals.

Stamp

TO:

Four vertical lines for writing the recipient's name.

# Do you need help...



- think of good things to fix to eat.
- make sure your family gets the right foods to eat.
- find the energy to keep going.
- make your food money last all month.
- make your food stamps last all month.
- keep your food safe to eat.
- save the food from your garden to eat in the winter.

If you want help,

maybe I can help!

Taking care of a home and a family is a big and important job. It is not an easy job.

I know because I take care of a home and family too. I have troubles like yours, but I've learned how to deal with some of my troubles.

Why not let me help you deal with your food problems?

## Why should I help you?

Because...

- I am your neighbor.
- I am a nutrition education assistant.
- I work for the University of Missouri Extension.
- I am part of the University's Expanded Food and Nutrition Education Program.
- I can't take all your troubles away, but I can help you deal with some of them.
- I'd be glad to help you. It *won't* cost you anything.

- I can help you *and* some of your friends as a group or I can come to your home to help you by yourself.
- If you would like some help, call me at \_\_\_\_\_ or tear off the attached coupon and send it to me.

# I'll be waiting to hear from you!

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If you would like help with some of your food problems, tear off this coupon, fill in your name and address, put a stamp on it then drop it in a mail box. A nutrition education assistant will come to help you.

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
\_\_\_\_\_  
PHONE \_\_\_\_\_

## Digitization Information Page

### Local identifier

### Source information

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Content type	
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Scanning system software	ScandAll Pro v. 2.1.5 Premium
Optical resolution	600 dpi
Color settings	24 bit color

File types	tiff
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Compression	Tiff: LZW compression Adobe
Editing software	Photoshop CC
Resolution	600 dpi
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Notes	cropped, straightened, and brightened Canvas size: 4" x 9"