Please tell us if either of these statements apply to you:

1. Within the past 12 months, we worried whether our food would run out before we got money to buy more.

2. Within the past 12 months, the food we bought just didn’t last and we didn’t have money to get more.

If you agree with either of these statements, please mention this poster to your doctor. We have programs to support your family and we can connect you to resources that can help when it is hard to stretch your food dollars.

For Parenting at Mealtime and Playtime resources and ideas for how to stretch your food dollars, visit: ohioaap.org/pmp-resources