



## take steps to improve your family's health

**Fit Families** will identify health habits they want to improve for their child and/or family

*Parents select 1 of 3 common health goals:*

- 1 Make Every Bite Count...  
More Fruits and Vegetables!
- 2 Move More...Watch Less!
- 3 Make Every Sip Count...  
More Healthy Beverages!

- Your efforts to make health changes will be rewarded by incentives or prizes for your participation! Incentives will be given at enrollment, month 3, month 6, month 9, and month 12.
- A Fit Families Coach will provide monthly contacts by phone, email, or in person, to provide support as you make these lifestyle changes.
- You will also receive monthly newsletters.

*The Fit Families Program is for families with children between 2-4 years of age.*

**Enrolling now!**  
**Contact Mercie Gordon**



**fit families**

• be active • eat healthy • drink water

This institution is an equal opportunity provider and employer. Printing of this poster was funded by USDA's Supplemental Nutrition Assistance Program—SNAP. 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 Project.

## USDA Nondiscrimination Statement

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, religious creed, disability, age, political beliefs, 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.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.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.

Your fit families Coach for Red Cliff is

***Mercie Gordon***

***88430 Pike Road***

***Bayfield WI 54814***

***715-779-3740***

***[mercie.gordon@redcliff-nsn.gov](mailto:mercie.gordon@redcliff-nsn.gov)***

For more information or to enroll, please contact Mercie Gordon, Miigwetch