

Food Stamp Plan Offers Table Fare

(Special for Tundra Times)

The Food Stamp program offers an unusual chance to get more food on the table. But more money for more food does not necessarily mean that the food will automatically be the best there is to provide the energy, enthusiasm and bubbling good health that most people dream about.

Let's stop dreaming and do some planning that will give everyone at your table the very best things to eat. By the very best is meant those foods that provide the most go for the money. Many families who don't care how much they spend for food are still not well fed.

If people don't eat the right things all sorts of uncomfortable feelings can result. A person can be cross and crabby, too fat, seem to be lazy or actually hurt someplace or other because he isn't getting the right things to eat.

The Food Stamps are distributed by the Welfare Offices

in 65 villages and towns in Alaska, those in the Kobuk, Nome, Wade Hampton and Bethel election districts.

The educational part of the food stamp plan is being carried out by the U.S. Public Health Service and the Cooperative Extension Service of the University of Alaska.

You do not have to be on welfare to be eligible for food stamps, and you do not have to be on the food stamp program to get and use the educational newsletter put out once a month by the Extension Service.

This 2-page newsletter will be sent to you if you ask for it at the extension office in your community. It can be picked up at any extension office or the Welfare Office in Kotzebue, Nome or Bethel.

Extension offices are located in the post office buildings in Anchorage, Juneau, and Nome; the State Court and Office Building in Fairbanks; the Waddell Building in Homer, the American Legion Building in Palmer, and on the University of Alaska campus at College.

You are sure of getting the most energy and pleasure from life if you plan meals before going shopping, and use your head to help your money do a good job of buying health for your family. Take or mail your questions to your Extension Home Economists in Nome, Anchorage, Fairbanks, Juneau, or Palmer.

You may request the leaflet called Food for Fitness that is a lot of help in a hurry. See your Extension agent for this free leaflet.