

I dropped out of high school pregnant and got married at a young age. SNAP E&T gives you a support system and the drive to **be someone you never thought you could be.**

– Christy, Lab Technician in Training



Get more than a job with  
SNAP Employment and Training.



Learn more about your State's  
program at [fns.usda.gov/snap-et](https://fns.usda.gov/snap-et)



USDA  
Supplemental  
Nutrition  
Assistance  
Program

Putting Healthy Food  
Within Reach