

FIRST TRUST ENERGY INCOME & GROWTH FUND

Form 8-K

March 19, 2013

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UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
WASHINGTON, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of report (Date of earliest event reported) March 19, 2013

First Trust Energy Income and Growth Fund  
(Exact Name of Registrant as Specified in its Charter)

Massachusetts (State or Other Jurisdiction of Incorporation)	811-21549 (Commission File Number)	11-3716544 (IRS Employer Identification No.)
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187 Danbury Road Wilton, Connecticut (Address of Principal Executive Offices)	06897 (Zip Code)
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Registrant's telephone number, including area code (630) 765-8000

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(Former Name or Former Address, if Changed Since Last Report.)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2. below):

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- Pre-commencement communications pursuant to Rule 14d-2(b) under the

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Exchange Act (17 CFR 240.14d-2(b))

|\_ | Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

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ITEM 7.01 REGULATION FD DISCLOSURE.

First Trust Energy Income and Growth Fund (the "Fund") is filing herewith a letter to shareholders relating to the Fund's derivative investments. The letter will be posted on the Fund's website at <http://www.ftportfolios.com/Retail/Cef/CefFundNews.aspx?Ticker=FEN>.

ITEM 9.01 FINANCIAL STATEMENTS AND EXHIBITS.

(d) Exhibits

EXHIBIT NUMBER	DESCRIPTION
99.1	Letter to Shareholders

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Dated: March 19 , 2013

FIRST TRUST ENERGY INCOME AND GROWTH FUND

By: /s/ W. Scott Jardine

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Name: W. Scott Jardine

Title: Secretary

EXHIBIT INDEX

Exhibit

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99.1	Letter to Shareholders