

FIRST TRUST ENERGY INCOME & GROWTH FUND

Form 8-K

September 22, 2016

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) September 22, 2016

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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10 Westport Road Suite C101a Wilton, Connecticut (Address of Principal Executive Offices)	06897 (Zip Code)
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Registrant's telephone number, including area code (630) 765-8000

187 Danbury Road, Wilton, Connecticut 06897

(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)

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- |_ | Pre-commencement communications pursuant to Rule 14d-2(b) under the 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 press release issued on September 22, 2016, as Exhibit 99.1. The press release was issued by First Trust Advisors L.P. to report that on October 6, 2016, the Fund will host a conference call with Energy Income Partners, LLC, the Fund's investment sub-advisor. The purpose of the call is to hear the Fund's portfolio management team provide an update for the Fund. Details regarding the conference call are contained in the press release included herein.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits

Exhibit Number	Description
99.1	Press release of First Trust Advisors L.P. dated September 22, 2016.

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: September 22, 2016

FIRST TRUST ENERGY INCOME AND GROWTH FUND

By: /s/ W. Scott Jardine

Name: W. Scott Jardine

Title: Secretary

EXHIBIT INDEX

Exhibit Number	Description
99.1	Press release of First Trust Advisors L.P. dated September 22, 2016.