



Press Release

Contact: Kara Davis
Phone: (217) 735-2317

FOR IMMEDIATE RELEASE
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Logan County families may qualify for the Special Supplemental Nutrition Program for Women, Infants, and Children, better known as WIC

WIC may be for you!

- Are you pregnant or breastfeeding? Do you have a child under the age of five? Then WIC may be for you! It's easy to apply and many working families qualify.
- WIC provides checks every month to buy healthy WIC foods and provides ideas on preparing healthy meals for families. WIC can also connect you with other community and healthcare services you may need.

Many Working Families Qualify

Family Size:	Annual Income:	Monthly Income:	Weekly Income:
1	\$21,775	\$1,815	\$419
2	29,471	2,456	567
3	37,167	3,098	715
4	44,863	3,739	863
5	52,559	4,380	1,011
6	60,255	5,022	1,159

7	67,951	5,663	1,307
8	75,647	6,304	1,455

For each additional family member, add:

+	+\$7,696	+\$642	+148
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WIC is a supplemental nutrition program for pregnant, breastfeeding and postpartum women. Infants and children up to age five are eligible for benefits. WIC provides nutrition education and counseling, breastfeeding education and support, and a supplemental food package including cereal, milk, eggs, beans, peanut butter, whole grains, fruits and vegetables. WIC supports and promotes breastfeeding as the healthiest and most nutritious way to feed an infant but we also offer supplemental infant formula to non-breastfed infants.

In order to promote healthy families, WIC provides breastfeeding support, high iron foods and nutrition education for families that meet the income guidelines. Women who are pregnant, breastfeeding, or postpartum to six months qualify, as well as infants and children up to age 5.

WIC provides a monthly food package of healthy foods, valued at about \$52.00 in grocery stores. Foods offered include:

- Fresh, frozen, and canned fruits and vegetables
- Whole grain cereals, breads, pasta, brown rice, and corn tortillas
- Low fat dairy products, including milk, cheeses, and eggs
- Baby foods, including cereal, fruits, vegetables, and meats
- Purchases may also be made at the local farmers markets.

Over the last four decades, WIC participation has contributed to lower infant mortality rates and improved pregnancy outcomes

The Department of Health and Human Services is encouraging parents to keep their children enrolled in the WIC program until their fifth birthday. Five benefits of keeping children in WIC are:

- Children have better growth and development.
- WIC promotes healthy weight.
- Children are better prepared for school.
- WIC pays for milk, fresh fruits and vegetables, and other healthy foods.
- Eating better helps children focus and behave better.

If you have SNAP benefits, you may still qualify for WIC. Call our office Monday thru Friday 7:30-4:30 to see if you qualify. 217-735-2317