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**Public Health**  
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# Press Release

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FOR IMMEDIATE RELEASE  
June 15, 2020

## **WIC OFFERING CONVENIENT EBT CARD**

The Women, Infant and Children (WIC) program, a federally-funded program offered at Logan County Department of Public Health (LCDPH), is a supplemental nutrition program for pregnant, breastfeeding, and postpartum women. Infants and children up to age five are also 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 LCDPH also offers supplemental infant formula to non-breastfed infants. WIC also networks to connect families with other beneficial community resources.

To make healthy eating more convenient, the WIC program is now issuing families an EBT card to use when shopping at participating food stores. This one EBT card you keep in your possession replaces the use of having to handle multiple checks. Your EBT card will have a set monthly benefit balance to allow you access to healthy foods on a monthly basis for continued good nutrition.

If you are pregnant, breastfeeding or have a child under the age of five and feel you may be income eligible, WIC may be right for you! It is easy to apply and many working families may qualify. As part of the program, WIC provides families with resources every month to

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purchase healthy foods and provides information to prepare healthy meals. The monthly food package WIC provides includes the following:

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

The Illinois Department of Health and Human Services is encouraging parents to keep their children enrolled in the WIC program until their fifth birthday. Over the last four decades, WIC participation has contributed to lower infant mortality rates and improved pregnancy outcomes. Five benefits of keeping children in WIC include the following:

- 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.

WIC also provides a breastfeeding support program which includes high iron food 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 five.

If you have SNAP benefits, you may qualify for WIC. To learn more about the LCDPH-WIC program or to see if you qualify, contact the health department at 217-735-2317 or visit their website at [WWW.LDPH.ORG](http://WWW.LDPH.ORG).

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