



# Press Release

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FOR IMMEDIATE RELEASE  
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## **Logan County Department of Public Health Women, Infant and Children (WIC) announces the start of a walk-in clinic**

The Logan County Department of Public Health (LCDPH) would like to announce the start of a walk-in clinic in the WIC department starting Thursday, December 3, 2015. Clients will be seen on a first-come, first-served basis beginning 8:30-11:00 am and 1:00-3:30 pm. The walk-in clinic will only be held on Thursdays and there will still be appointments available if you prefer to have a scheduled appointment. The same documents will need to be brought in for the walk-in clinic and your child may also need to be in attendance. Please contact the WIC office with any questions.

### **WIC may be for you!**

- Are you pregnant or breastfeeding? Do you have a child under the age of five? If you answer "yes" to any of these questions, then WIC may be for you! It's easy to apply and many working families qualify.
- WIC provides checks every month for the purchase of 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.

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.

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In addition, 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 Supplemental Nutrition Assistance Program (SNAP) benefits, you may still qualify for WIC. Call our office to see if you qualify. 217-735-2317

