



COMMUNITY HEALTH
& THE ENVIRONMENT

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FOR IMMEDIATE RELEASE
April 14, 2015

WIC INCOME ELIGIBILITY EXPANSION, NEW HOURS EXTEND SUPPORT TO MORE FAMILIES

St. Charles County, Missouri – Through St. Charles County’s Division of Public Health, the Women, Infants and Children program (WIC) provides specific nutritious supplemental foods and nutrition education at no cost to nearly 2,000 qualifying pregnant and breastfeeding women, postpartum women, infants, and children up to age five each month. This month, the program’s income eligibility guidelines were expanded and the hours of operation were changed to give even more growing families an ability to participate.

Participants in the program must meet income guidelines, a residency requirement and be individually determined to be at “nutrition risk” by a health professional. Effective through March 31, 2016, the extended WIC income guidelines are shown below. For these guidelines, pregnant women are counted as **two family members** when income eligibility is determined.

Family Size	Annual	Monthly	Weekly
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
<i>Each Additional Family Member</i>	+7,696	+642	+148

For the entire income guideline schedule, please visit
http://health.mo.gov/living/families/wic/eligibility_income.php.

Effective May 1, 2015, the new operational hours will run Monday through Friday and include morning, afternoon and evening availability to better accommodate family needs. Here are the appointment hours:

Day of the Week	Appointment Times Available
Monday	8:30 a.m. to noon and 1 p.m. to 4:30 p.m.
Tuesday (1 st , 3 rd and 5 th Tuesday)	8:30 a.m. to noon and 1 p.m. to 4:30 p.m.
Tuesday (2 nd and 4 th Tuesday)	9:30 a.m. to 6 p.m.
Wednesday	8:30 a.m. to noon and 1 p.m. to 4:30 p.m.
Thursday	8:30 a.m. to noon and 1 p.m. to 4:30 p.m.
Friday	8:30 a.m. to noon and 1 p.m. to 3:30 p.m.
Saturday, Sunday and designated holidays	OFFICE CLOSED

(MORE)

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Studies confirm that women who participate in WIC have fewer low birth-weight babies, experience fewer infant deaths, see the doctor earlier in pregnancy and eat healthier. The primary services provided through this no-cost program are health screening, risk assessment, nutrition education and counseling, breastfeeding promotion and referrals to additional health care. By participating, eligible families will receive checks or packages of nutritional foods designed to maintain overall health and aid in development.

WIC supplemental food packages are specially chosen to provide foods high in protein, iron, calcium and vitamins A and C. Eligible families receive low-fat milk and cheese, eggs, whole-grain bread products and hot or cold cereals, 100% fruit juices and fresh or frozen fruits, and vegetables. The WIC program recommends breastfeeding and provides breastfeeding support, baby foods and infant cereal. For women who cannot, or choose not to breastfeed, infants may receive supplemental, iron-fortified formula.

Funded and administered at the federal level through the U.S. Department of Agriculture and managed at the state level by the Missouri Department of Health and Senior Services, Bureau of Nutrition Services and WIC, the St. Charles County WIC program is operated at the Division of Public Health office at 1650 Boone's Lick Road in St. Charles. Persons interested in applying for WIC services in St. Charles County should make an appointment by phone at (636) 949-7402.

In accordance with Federal law and U.S. Department of Agriculture policy, the St. Charles County Department of Community Health and the Environment is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write to USDA, Director, Office of Adjudication, 1400 Independence Avenue SW, Washington DC, 20250-9410 or call (866) 632-9992 (voice) or (800) 877-8339 (TTY) or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

The mission of the Division of Public Health is promoting healthy choices and improving the overall health of the community. To achieve these goals, program services include Immunizations, WIC (Women, Infants and Children) Program, STD Prevention and Treatment, Communicable Disease investigation, educational programming, the collection and distribution of vital records like birth and death certificates, and much more. For information on programs offered and to discover ways the division assists the community, please visit <http://www.sccmo.org/398/Public-Health-Division> or call (636) 949-7400.

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