



## NEWS RELEASE

**FOR IMMEDIATE RELEASE**

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### **ST. CHARLES COUNTY RENEWS WIC SERVICES CONTRACT**

*Agreement Extends Supplemental Foods, Nutrition Education Program through 2016*

**ST. CHARLES COUNTY, MO** – The St. Charles County Department of Public Health announced today that it has renewed its contract with the Missouri Department of Health and Senior Services to continue operating the Women, Infants and Children (WIC) program through 2017. St. Charles County’s WIC program provides specific supplemental foods and nutrition education at no cost to qualifying families.

By participating, pregnant or breastfeeding women, postpartum women, infants and children up to age 5, can receive nutritious foods that are designed to maintain overall health and aid in development. These food options are specifically chosen to be ones that are high in protein, iron, calcium, vitamins and other nutrients that will enhance the lives of women and their children. Among these specific foods are milk and cheese products, eggs, whole-grain breads and cereals, 100 percent fruit juices, as well as whole fruits and vegetables. Because it has been determined to be the ideal food source for babies, the WIC program encourages breastfeeding and provides breastfeeding support, baby foods and infant cereal. For women who cannot, or choose not to, breastfeed, infants also may receive supplemental, iron-fortified formula.

“Studies confirm that women who participate in WIC have fewer lower birth-weight babies, experience fewer infant deaths, see the doctor earlier in their pregnancy and eat healthier,” St. Charles County WIC Program Manager Eva Obirek stated. “Proper nutrition plays a vital role in development, so we work closely with our families to help guide them on a path to success during this important time in their lives.”

St. Charles County WIC Participants must meet income guidelines, be a Missouri resident and be determined to be at “nutritional risk” by a health professional. Based on gross household income, the current income eligibility guidelines may be viewed online at <http://www.sccmo.org/577/Income-Guidelines>.

Funded and administered at the federal level through the U.S. Department of Agriculture and managed at the state level by Missouri’s Bureau of Nutrition Services and WIC, St. Charles County’s program operates through the Department of Public Health. Services are provided at the WIC offices (located at 1650 Boones Lick Road in St. Charles, 63301) by scheduled appointment, from 8:30 a.m. to noon or from 1 to 4:30 p.m., Monday through Friday (except holidays). Persons interested in applying for WIC services in St. Charles County should call 636-949-7402 or visit <http://www.sccmo.org/WIC>.

In accordance with federal law and USDA policy, the St. Charles County Department of Public Health is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. USDA is an equal opportunity provider and employer.

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