

Income Eligibility Expansion Extends Nutrition Support To More Families

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St. Charles County, Missouri – Through the Division of Public Health's Women, Infants and Children Program (WIC), St. Charles County provides specific nutritious supplemental foods and nutrition education at no cost to pregnant and breastfeeding women, postpartum women, infants, and children up to age five. This month, the program announced an expansion of the income eligibility guidelines, which will allow a larger number of growing families to participate.

Administered at the Federal level through the U.S. Department of Agriculture and at the state level by the Missouri Department of Health, Bureau of Nutrition Services and WIC, the St. Charles County WIC Program is based 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, or in need of more information, should make an appointment by phone at 636.949.7402 during work hours (8:30 a.m. to noon and 1 to 4:30 p.m., Monday through Friday – except holidays).

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, 2014, 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	\$28,694	2,392	552
3	36,131	3,011	695
4	43,568	3,631	838
5	51,005	4,251	981
<i>Each Additional Family Member</i>	+7,437	+620	+144

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

Studies confirm that women who participate in the WIC Program 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 that are 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 fortified 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

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