



COMMUNITY HEALTH
& THE ENVIRONMENT

NEWS RELEASE

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FOR IMMEDIATE RELEASE

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WIC INCOME ELIGIBILITY EXPANSION EXTENDS NUTRITION SUPPORT TO MORE FAMILIES

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 more than 1,600 qualifying pregnant and breastfeeding women, postpartum women, infants, and children up to age five each month. Today, the program’s income eligibility guidelines were expanded, which will allow even more growing families the ability to participate in this beneficial program.

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 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.

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, 2015, 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	\$29,101	\$2,426	\$560
3	\$36,612	\$3,051	\$705
4	\$44,123	\$3,677	\$849
5	\$51,634	\$4,303	\$993
<i>Each Additional Family Member</i>	+7,511	+626	+145

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

(MORE)

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Funded and administered at the federal level through the U.S. Department of Agriculture and operated 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 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).

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 St. Charles County Department of Community Health and the Environment is committed to the protection and enhancement of health and the quality of life for all members of our community. Through three divisions — Public Health, Environmental Health and Protection, and Humane Services — the department coordinates with federal, state, and local organizations to provide a range of services that have a profound impact on the lives of St. Charles County's residents and visitors. To discover ways the department assists this region or to learn about volunteer opportunities with any of the divisions, please visit <http://health.sccmo.org> or call (636) 949-7400.

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