



Clay County Health Department



Statewide toll-free Information

1-800-323-4769



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WIC

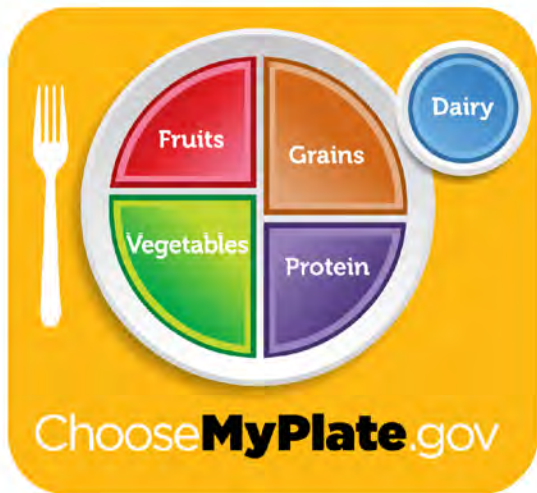
The Nutrition Program for Women, Infants, and Children

\$50 - \$75 of FREE Food!

Every month for qualifying individuals



Contact the WIC office at
 Clay County Health Department
 601 E. 12th St. Flora, IL 62839
(618) 662-4406
(800) 544-4406
www.healthdept.org



Healthy Women, Infants and Children

The Special Supplemental Nutrition Program for Women, Infants, and Children - better known as the WIC Program - serves to safeguard the health of women, infants, & children up to age 5 who are at nutritional risk. WIC provides nutritious foods to supplement diets, information on healthy eating, and referrals to health care.

WIC saves lives and improves the health of nutritionally at-risk women, infants and children. The results of studies conducted by Food and Nutrition Service and other non-government entities prove that WIC is one of the nation's most successful and cost-effective nutrition intervention programs.

Since its beginning in 1974, the WIC Program has earned the reputation of being one of the most successful federally-funded nutrition programs in the United States. Collective findings of studies, reviews, and reports demonstrate that the WIC Program is cost effective in protecting or improving the health/nutritional status of women, infants and children.



Are you Pregnant, Breastfeeding, or have a child(ren) under the age of 5? Did you know that WIC can provide you with the following:

- ◆ Checks for up to \$50 - \$75 worth of healthy food - monthly starting at your first visit. No waiting!
- ◆ Foods like milk, cheese, eggs, peanut butter, dried beans, juice, cereal and infant formula.
- ◆ Whole grains
- ◆ A cash value voucher to be used for the purchase of fresh, frozen or canned fruits and/or vegetables
- ◆ Baby food fruits and vegetables
- ◆ Help finding health care and much more!



If you or a family member are on AllKids Assist, Share or Level 1 Premium, Medicaid or Food Stamps you may be income eligible for WIC.

WIC Income Guidelines
(Add one for each unborn child)

- Family of 2 earning up to \$2,607 monthly
 - Family of 3 earning up to \$3,289 monthly
 - Family of 4 earning up to \$3,970 monthly
 - Family of 5 earning up to \$4,652 monthly
 - Family of 6 earning up to \$5,333 monthly
- *Each Add'l member add \$682*



SUPPLEMENTAL NUTRITION PROGRAM

Call (618) 662-4406 or (800) 544-4406
To find out if you're eligible, or stop by the office at 601 E. 12th Street, Flora, IL