



ROYAL THRONE

May 2017

WIC can assist you and your family in many ways beyond food benefits! WIC provides you with health services, including nutrition education, breastfeeding promotion and support, immunization screening and referrals, and social services referrals. WIC nurses and dietitians meet with you to assess your diet and health history and provide nutrition counseling. Dental education and fluoride varnish applications are also available during WIC appointments!

WIC Approved Foods

For infants: iron-fortified formula for moms who are unable to breastfeed, baby foods and plain cereal.

For children 1-5 years old: milk, cheese, yogurt, juice, cereal, eggs, peanut butter or beans, whole wheat bread, fruits and vegetables.

Breastfeeding moms: milk, cheese, yogurt, juice, cereal, eggs, peanut butter and/or beans, tuna or salmon, whole wheat bread, fruits and vegetables.

Did you know?

More than half of the infants in the United States participate in WIC!

www.fns.usda.gov



“The greatest wealth is health.”
-Virgil

To qualify for WIC in Iowa, you must meet income guidelines, have an Iowa address, and have a medical or nutritional need.

After scheduling your WIC appointment, you will need to bring the following:

- Proof of Iowa Address
- Proof of Identity
- Proof of Household Income

WIC Farmers’ Market Nutrition Program

Provides fresh, unprepared, locally grown fruits and vegetables to WIC participants. Coupons are given to WIC families and can be used at local farmers’ markets to purchase fruits and vegetables and to encourage support of local farmers in their area. Ask your WIC clinic about these coupons!

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To apply for WIC, contact New Opportunities at: 1-800-642-6330

We offer monthly clinics in Audubon, Calhoun, Carroll, Dallas, Greene, Guthrie, and Sac Counties!

The U.S. alone uses 100 billion new plastic bags each year! Consider bringing reusable bags the next time you go to the grocery store! www.healthland.time.com

