

Royal Throne May 2022

Health Programs



Pregnant? Breastfeeding? Have a child under the age of 5?

You might qualify to receive WIC benefits!

To apply for WIC, call 1-800-642-6330. We offer monthly WIC clinics in Audubon, Calhoun, Carroll, Crawford, Greene, Guthrie, and Sac Counties.

WIC-Approved Foods

- ♦ Infants—If mom is not breastfeeding, iron-fortified formula is provided for the baby. When baby is old enough, baby foods and plain cereal are available.
- ♦ Breastfeeding moms— Moms who breastfeed qualify to receive milk, cheese, yogurt, juice, cereal, eggs, peanut butter/beans, tuna/salmon, whole wheat bread, fruits and vegetables.
- ♦ Children 1-5 years old — Children 1-5 are able to receive milk, cheese, yogurt, juice, cereal, eggs, peanut butter or beans, whole wheat bread, fruits and vegetables.

Benefits of WIC

- ♦ WIC provides health services including nutrition education, breastfeeding promotion and support, eWIC cards to buy nutritious food, immunization screening and referrals, and health and social services referrals.
- ♦ WIC nurses and dietitians provide nutrition counseling and help you determine what foods are approved and what stores accept WIC.
- ♦ Food packages are available to fit the needs of all new and expectant moms who qualify.

I-Smile™ is a dental home initiative that helps Iowa children connect with dental services. Staff provide oral screenings, fluoride varnish, counseling and dental education, and link families with a dental home. The **I-Smile™** program is a result of legislation passed in 2005 stating that every child under 12 that receives medical assistance shall have a dental home where dental screenings and preventative care are obtained. In 2021, New Opportunities **I-Smile Program** provided **2,683** oral health services to **740** children residing in Audubon, Carroll, and Guthrie counties. These services included **860** dental screenings and **769** fluoride varnishes.



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Opportunity to Give Back

This month consider hosting a diaper or formula drive for your local family development center. Diapers, formula & other baby items are essential items that can help our low-income families.