

Healthy Pregnancy Program

ENHANCED SUPPORT FOR MOM AND BABY

The Healthy Pregnancy Program provides education, resources and support to pregnant and postpartum women.

Funding disclaimer: This program/publication is funded by the Title V MCH Block Grant and Title XIX Funding.

Serving Audubon, Buena Vista, Carroll, Crawford, Greene, Guthrie and Sac Counties.

For more information call: 1-800-642-6330



If you have questions about any New Opportunities services, contact your local Outreach Center!

Carroll County

23751 Hwy 30 East
P.O. Box 427
Carroll, IA 51401
Phone: 712-792-9266 Fax: 712-792-1956



Audubon County

109 Tracy Street
Audubon, IA 50025
Phone: 712-563-2777 Fax: 712-563-3017



Calhoun County

334 Richmond Street
Rockwell City, IA 50579
Phone: 712-297-7721 Fax: 712-297-9927



Dallas County

2816 1st Ave.
Perry, IA 50220
Phone: 515-465-5185 Fax: 515-465-5995



Greene County

1401 N Elm, Suite A
Jefferson, IA 50129
Phone: 515-386-2719 Fax: 515-386-3845



Guthrie County

400 State Street
P.O. Box 22
Guthrie Center, IA 50115
Phone: 641-747-3845 Fax: 641-747-3269



Sac County

1710 W. Main Street
Sac City, IA 50583
Phone: 712-662-3236 Fax: 712-662-3593



Free Clinic

1st & 3rd Thursdays 3:30—6:30pm
23751 Hwy 30, Carroll IA 51401



Health Services Programs

**Providing
Accessible,
Affordable &
Comprehensive
care for
over 40 years**



**New Opportunities,
A Community Action Agency**

**Carroll Clinic Address: 23751 Hwy 30
P.O. Box 427
Carroll, IA 51401**

Phone: 1-800-642-6330

Website: www.newopp.org

Let us know how we can assist you...

New Opportunities Health Services Program—Supporting Healthy Families

Iowa WIC—
Women Infants & Children



Gross Earnings

Family Size	Monthly	Yearly
1	\$2,248	\$26,973
2	\$3,041	\$36,482
3	\$3,833	\$45,991
4	\$4,625	\$55,500
5	\$5,418	\$65,009

What are the benefits of WIC?

- Health services include nutrition education, breastfeeding promotion and support, checks to buy nutritious foods, immunization screening and referrals, and health and social services referrals.
- WIC nurses and dietitians meet with you to assess your diet and health history, provide nutrition counseling, and determine the best foods for you as well as store options.

What foods can I get from WIC?

- Infants - can receive iron-fortified formula and, when age appropriate, baby foods, plain cereal and solid foods.
- Children age 1-5 - can receive milk, juice, cereal, eggs, peanut butter or dried beans, whole wheat bread, tortillas, brown rice and oatmeal and fruits and vegetables.
- Breastfeeding moms - can receive milk, cheese, juice, cereal, eggs, peanut butter and/or dried beans, tuna or salmon, whole wheat bread, tortillas, brown rice and oatmeal and fruits and vegetables.
- Pregnant and Postpartum moms - can receive milk, eggs, juice, peanut butter, dried beans, cereal, whole wheat bread, tortillas, brown rice or oatmeal and fruits and vegetables.



WIC Locations:

AUDUBON-Audubon
First Presbyterian Church
301 Church Street
Audubon, Iowa 50025

BUENA VISTA-Storm Lake
Buena Vista County Public Health
1709 Richland Drive
Storm Lake, Iowa 50588

CARROLL- Central Office
New Opportunities, Inc.
23751 Hwy 30 E
Carroll, Iowa 51401

CRAWFORD-Denison
Broadway and Main Suites
1231 Broadway, Suite 101-102
Denison, Iowa 51442

GREENE-Jefferson
United Methodist Church
307 S. Wilson
Jefferson, Iowa 50129

GUTHRIE-Guthrie Center
Immanuel Lutheran Church
713 N. 12th Street
Guthrie Center, Iowa 50115

SAC-Sac City
First Christian Church
521 Park Ave.
Sac City, Iowa 50583

1st Five

What is 1st Five?



Iowa's 1st Five Healthy
Mental Development
Initiative builds

partnerships between physician practices and public service providers to enhance high quality well-child care. 1st Five promotes the use of developmental tools that support healthy mental development for young children during the first five years. By using a tool for all children that includes social-emotional development and family risk factors, providers are able to identify children at risk for developmental concerns that, if left untreated, would play out later in life.

Why 1st Five?

The foundations of mental health are set in the first five years of life. During these years, children rapidly develop social and emotional capacities that prepare them to be self-confident, trusting, empathetic, intellectually inquisitive, competent in using language to communicate and capable of relating well to others. These emotional skills form the foundation of a child's "healthy mental development" - to develop the ability to regulate and express emotions, form close personal relationship with other children and adults, and explore and learn from their environment. This social-emotional foundation also plays a key role in determining a child's school readiness.

Who/where we serve:

New Opportunities Site Coordinator serves children from birth to 5 in Audubon, Buena Vista, Carroll, Crawford, Greene, Guthrie and Sac Counties. 1st Five works with local child health agencies operating in Iowa counties with participating medical practices.

For more information contact the New Opportunities 1st Five Site Coordinator at: 1-800-642-6330

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