



Royal Throne

June 2019

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

You might qualify to receive WIC benefits!

Benefits of WIC

- ◆ WIC provides you with 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 right for you and where you should shop.
- ◆ Food packages are available to fit the needs of all new and expectant moms who qualify.

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.

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



The Summer Food Service Program (SFSP) "Fuel Up For Summer Fun" is designed to make sure that children can get the nutritious meals they need when out of school for the summer. New Opportunities, Inc. along with the United States Department of Agriculture, schools, and local organizations partner to make the SFSP possible in Guthrie Center (June) and Coon Rapids (July).

To see a list of all the SFSP sites in Iowa, visit <https://educateiowa.gov>



A Tip from the Financial Literacy Coordinator

Go digital—download your bank app! This is a good way to keep up with your account balance and transactions and to make sure you are on track with your spending goals.

"The groundwork of all happiness is good health." - Leigh Hunt