

“Being able to be your true self is one of the strongest components of good mental health.” - Lauren Fogel Mersy, n.d.

# Royal Throne May 2023

# Health Services Month



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, Buena Vista, Carroll, Crawford, Greene, Guthrie, and Sac

## WIC—Approved Foods

- \* Infants—Breastfeeding is very important for growing babies. If a mom is not able to breastfeed, then iron-fortified formula is provided for the baby. When your baby is old enough, baby food and plain cereal will be available.
  - \* Children 1-5 years old—These children can receive food such as milk, yogurt, juice, cereal, eggs, peanut butter or dried/canned beans, whole grains, and fruits and vegetables.
  - \* Breastfeeding moms—Moms who feed their babies by breastfeeding can receive foods such as milk, cheese, juice, cereal, eggs, peanut butter and/or dried/canned beans, tuna or salmon (if exclusively breastfeeding) whole grains, and fruits and vegetables.
- \* WIC promotes and supports breastfeeding.

## 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 referral.
- ♦ WIC nurses and dietitians meet with you to assess your diet and health history, provide nutrition counseling, and 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 .

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May is

## Mental Health Awareness Month

1 in 4 people will suffer from some form of mental illness in any given year

**Break the Silence  
Break the Stigma**

Not all pain is physical and not all wounds are visible

Out of the Ashes / FB