

## Additional Information to Keep You and your Baby Healthier

- WIC provides certain foods from each of the 5 major food groups. The WIC foods are good sources of some important nutrients. No one food gives you all the nutrients you need to stay healthy. So eat many different foods everyday.
- If you are breastfeeding and your baby receives no formula from WIC, you may receive some extra foods.
- If you are homeless, tell the WIC staff. They may be able to provide WIC foods that do not need cooking or refrigeration.
- Breastfeeding is best. Breast milk is the best food for babies. Breastfeeding gives babies the best start in life. The WIC Program encourages women to breastfeed.
- When you are pregnant, alcohol, tobacco, and other drugs can hurt your unborn baby.
  - ✓ Don't use street drugs
  - ✓ Don't drink alcohol (beer, wine, wine coolers, liquor, or mixed drinks
  - ✓ Don't smoke cigarettes
  - ✓ Don't take prescription drugs or over-the-counter medicine before asking your doctor.

**Jefferson County Health Department Home Health and Hospice** cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

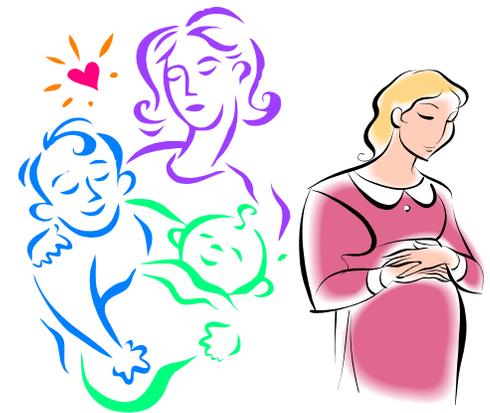
**Jefferson County Health Department Home Health and Hospice** tuân thủ luật dân quyền hiện hành của Liên bang và không phân biệt đối xử dựa trên chủng tộc, màu da, nguồn gốc quốc gia, độ tuổi, khuyết tật, hoặc giới tính.

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# WIC

## Women, Infants and Children



# What are WIC Program Benefits?

## Nutritious Foods

WIC provides checks for the purchase of specific foods to provide healthy nutrition. WIC does not provide all the foods you & your child need, but supplements the foods you purchase. WIC staff can help you plan to make healthy choices for yourself & for your family.

## Education on Healthy Eating

When you are pregnant or breastfeeding, you and your baby need certain nutrients. The only way your growing baby gets nutrients to build healthy muscles, bones and other body tissues is from you and the foods you eat.

What you eat can make the difference in your health and your baby's birth weight. Good nutrition also protects against health problems.

If you are a teenager, your body is still growing while your baby is developing inside you. Eating the right foods will help you and your baby to develop and grow.

## Health Care Referrals

WIC can also refer you and your child for medical care.

# WIC Women, Infants, and Children

The Jefferson County WIC Program is federally funded through a grant from the Kansas Department of Health and Environment. It is a nutrition program that provides nutrition and health education, healthy foods and other services to Kansas families who qualify.

## The WIC Program Serves:

- Women who are pregnant or who have recently given birth
- Formula or breastfed infants
- Children under the age of five years
- Women, infants or children meeting the household income guidelines.



# The Jefferson County Health Department WIC Program

The Jefferson County Health Department WIC Program provides these services to participants by scheduling appointments for each participant to receive vouchers for the food supplements and nutrition education and screening.

Anyone interested in applying for WIC may do so by calling the Jefferson County Health Department:

**(785) 403-0025**

***Mothers, be sure you and your young children receive the nutrition needed for healthy growth and development.***

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