

# FAMILY CARE HEALTH CENTERS

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## HEALTHY FAMILIES START WITH WIC, A NUTRITION PROGRAM AT FAMILY CARE HEALTH CENTERS

### For Immediate Release

Date: July 14, 2015

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Family Care Health Centers has announced that an amendment made to the existing contract to provide WIC services for fiscal year 2015 has been signed by the Missouri Department of Health and Senior Services. Under the terms of the amended contract, Family Care Health Centers will receive an additional \$3,788.00 for the period of October 1, 2014 to September 30, 2015. Standards for participation in the WIC program are the same for everyone regardless of race, color, national origin, sex, age or disability. Eligibility is based on a health assessment and financial standards of \$44,123 annual income for a family of four.

WIC, the Special Supplemental Nutrition Program for **Women, Infants and Children**, provides at no cost specific nutritious supplemental foods and nutrition education to pregnant women, new mothers, infants, and children up to five years of age. WIC participants must meet WIC income guidelines and be at nutritional risk as determined by health professionals.

WIC Supplemental Food Prescriptions are specifically chosen to promote and support successful long term breastfeeding, encourage whole grains and fiber, increase fruit and vegetable consumption, support a low-fat diet and limit added sugars and sodium. Eligible women and children receive fortified milk, cheese, eggs, whole grain cereal, fruit juices high in vitamin C, dry/canned beans or peanut butter, whole wheat/whole grain bread, tortillas or brown rice and a cash voucher for fruits and vegetables. Infants receive iron-fortified infant cereal and jars of fruits and vegetables when developmentally appropriate. When breastfeeding is not chosen or possible, WIC offers a partial supply of iron fortified infant formula. Participants are issued checks to buy these foods at authorized local retail stores.

The WIC program promotes breastfeeding for at least 12 months. Family Care Health Centers offers breastfeeding education to all eligible expectant mothers. A Certified Lactation Consultant provides one-on-one breastfeeding guidance. Breastfeeding Peer Counselors provide additional social support to pregnant and breastfeeding mothers.

By improving the diets of low income women, infants and children and providing breastfeeding support, the WIC program at Family Care Health Centers improves the health status of a vulnerable population during critical periods of growth.

There are several agencies providing WIC services in the metropolitan area. Eligible participants from St. Louis City or neighboring counties may enroll or transfer to the WIC agency of their choice. Family Care Health Centers are located at 401 Holly Hills Ave, 63111 in the Carondelet community, and 4352 Manchester, 63110, in the Forest Park Southeast neighborhood. Hours include evenings and Saturdays. Persons interested or in need of more information should contact Family Care Health Centers at 314-353-5190 (Carondelet location) or 314-531-5444 (Forest Park Southeast location).

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