

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: October 20, 2015

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Family Care Health Centers has announced that a contract to continue to provide WIC services for fiscal year 2016 has been signed by the Missouri Department of Health and Senior Services. Under the terms of the contract, Family Care Health Centers will be serving 27,384 eligible clients annually. 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 \$44,863 annual income for a family of four.

WIC, the Special Supplemental Nutrition Program for **W**omen, **I**nfants and **C**hildren, provides services to pregnant women, new mothers, infants, and children up to five years of age. WIC services include health screening, risk assessment, nutrition and breastfeeding education and counseling, and referrals to health care. Nutritious supplemental food is provided at no cost to participants. Participants must meet WIC income guidelines and be at nutritional risk as determined by health professionals.

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.

WIC Supplemental Food Prescriptions are specifically chosen to 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, 100% fruit juices, dry/canned beans or peanut butter, whole wheat/whole grain bread, pasta, tortillas or brown rice and fresh or frozen fruits and vegetables. Infants receive iron-fortified infant cereal and 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.

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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