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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for
Civil Rights
1400 Independence Avenue, SW
Washington, D.C 20250-9410;
- (2) fax (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Contact Missouri WIC



800-835-5465
800-TEL-LINK



wicinfo@health.mo.gov



wic.mo.gov



Missouri Department of
Health and Senior Services



WIC and Nutrition Services

An EO/AA employer: Services provided on a nondiscriminatory basis. Hearing- and speech-impaired citizens can dial 711.



Feed Your Family's Future



What is WIC?

WIC is a program for women, infants, and children that offers nutrition education, breastfeeding promotion and support, supplemental food, and health care referrals.

Services offered by WIC

WIC offers these services and benefits:

- Breastfeeding counseling and support
- Personalized nutrition counseling
- Supplemental, nutritious food
- Referrals to child care
- Medical and dental care referrals
- Health and social service referrals
- Immunization screenings

Who is eligible?

To be eligible, you must meet the following guidelines:

- Pregnant women
- Women breastfeeding an infant up to the infant's 1st birthday
- Postpartum women up to 6 months after delivery or end of pregnancy
- Infants up to their 1st birthday
- Children from age 1 until their 5th birthday

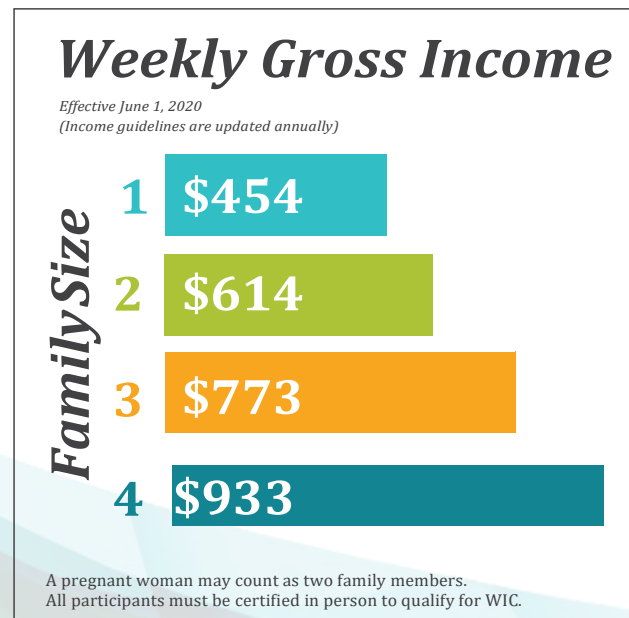
Fathers, grandparents, guardians, and foster parents may also apply for benefits for the children living in their household.

WIC at the local agency

For your first certification appointment, you will be required to provide the following information to determine eligibility:

- Proof of identification
- Proof of income
- Proof of residency

The local agency is there to assist you with any questions, concerns, or problems during your time on WIC.



How can WIC help my family?

WIC helps feed your family's future by providing nutritious food to help you save on groceries, lower health care costs, and improve your family's health during critical periods of growth and development.

WIC at the store

WIC helps save money. The average monthly savings at the grocery store per child is \$60. Some of the nutritional food provided through WIC includes:

- Milk
- Cereal
- Cheese
- Peanut butter
- Eggs
- Juice
- Dried or canned beans
- Yogurt
- Fresh and frozen fruits and vegetables
- Whole grains including bread, pasta, tortilla, and brown rice
- Infant formula*
- Infant cereal
- Infant fruits and vegetables

* WIC recognizes and promotes breastfeeding as the optimal source of nutrition for infants. For women who do not fully breastfeed, WIC provides iron-fortified infant formula. Special infant formulas and medical foods may be provided when prescribed by a physician for a specified medical condition.

Benefits for breastfeeding moms

Breastfeeding makes mothers and babies healthier. In addition to the health benefits, breastfeeding mothers receive these program benefits:

- WIC mothers who choose to breastfeed are provided information and support through counseling and educational resources.
- Breastfeeding mothers can receive breast pumps and breastfeeding accessories to help support the initiation and continuation of breastfeeding.
- Mothers who fully breastfeed their infants receive an enhanced food package and can stay on the program up to 1 year.