

PRESS RELEASE

For Immediate Release

The Adair County Health Department is pleased to be able to continue offering nutritional education services and support to nearly 700 women, infants and children through the Adair County WIC Program thanks to a renewed contract and funding from the Missouri Department of Health and Senior Services.

WIC (the Special Supplemental Nutrition Program for Women, Infants and Children) provides, at no cost, specific nutritious supplemental foods and nutrition education to pregnant and breastfeeding women as well as postpartum women and teens, infants, and children up to the age of 5. WIC participants are persons who meet WIC income guidelines and are determined by health professionals to be at nutritional and/or health risk. The annual income limit for a family of four is \$44,955. Each additional family member increases the annual limit by \$7,696. The unborn child is counted as a member of the family when determining eligibility.

WIC supplemental food packages are specifically chosen to provide foods high in protein, iron, calcium and vitamins A and C. Eligible women and children receive fortified milk and cheese, eggs, hot and cold cereals high in iron, fruit juices high in vitamin C, canned beans, dried beans or peas, or peanut butter, fresh and frozen fruits and vegetables, whole grain breads, tortillas and rice. Although WIC recommends breastfeeding, infants receive supplemental iron-fortified formula when needed and infant cereal and jars of baby food fruits and vegetables at the appropriate age. Participants are issued vouchers to buy these foods at authorized local retail stores. Breast pumps are available for loan to WIC participants.

By improving the diets of women, infants and children, the WIC program improves the health status of a vulnerable population during a critical growth period.

WIC is administered in Kirksville and Adair County by the Adair County Health Department. We are located at 1001 South Jamison. Persons interested in applying or in need of more information should contact the WIC Office at the Adair County Health Department at 660-785-3237. For additional information go to [adair.lphamo.org](http://adair.lphamo.org)

Standards for participation in the WIC program are the same for everyone regardless of race, color, national origin, sex, age or handicap. This institution is an equal opportunity provider.

Jim LeBaron, Administrator  
Debra Cullum, WIC Coordinator  
Adair County Health Department/Adair County WIC

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