**Public Notification of WIC Services in Caldwell County for 2020**

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The Caldwell County Health Department has announced that a contract to continue to provide WIC services for federal fiscal year 2020 has been signed with the Missouri Department of Health and Senior Services. Under the terms of the contract, the Caldwell County Health Department will be able to serve 178 persons eligible for WIC every month.

Women, Infants and Children (WIC) is a special supplemental nutrition program providing services to pregnant women, new mothers, infants and children up to their 5th birthday based on nutritional risk and income eligibility. The primary services provided are health screenings, risk assessment, nutrition education and counseling, breastfeeding promotion and referrals to health care. Nutritious supplemental food is provided at no cost to participants. To be eligible for WIC applicants must have an income of less than or equal to 185% of the poverty level and be determined by a health professional to be at nutritional risk. Migrant families are also eligible.



WIC supplemental food packages are specially chosen to provide foods high in protein, iron, calcium, and vitamins A and C. Eligible women and children receive fortified milk and cheese, eggs, whole grain bread products and hot or cold cereals, 100% fruit juices and fresh or frozen fruits and vegetables. The WIC program recommends breastfeeding, provides breastfeeding support, baby foods and infant cereal. For women who cannot or choose not to breastfeed, infants may receive supplemental iron fortified formula. WIC participants obtain their foods by redeeming food checks for specific items at local grocery stores and pharmacies.

Studies confirm that pregnant women who enroll in WIC during the early months of pregnancy have fewer low birth weight babies, experience fewer infant deaths, see the doctor earlier in pregnancy and eat healthier.

WIC is administered in Caldwell County by the Caldwell County Health Department. Persons interested in applying or who are in need of more information should contact the **Caldwell County Health Department** at **816-586-2311**.

**WIC clinics are offered at:**

**Caldwell County Health Department**

255 W Main

Kingston, MO 64650

1st Thursday of each month 8:30a-12p and 12:30p-4:30p

2nd Thursday of each month 8:30a-12p

3rd Thursday of each month 8:30a-12p

**Braymer City Hall**

108 E 2nd Street

Braymer, MO 64624

2nd Wednesday of each month 1p-4p

**Hamilton United Methodist Church**

104 W Samuel Street

Hamilton, MO 64644

4th Wednesday of each month 12p-5p

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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.

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