



NEWS RELEASE

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FOR IMMEDIATE RELEASE

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St. Charles County WIC Continues Services During COVID-19

ST. CHARLES COUNTY, MO – The St. Charles County Department of Public Health’s Women, Infants and Children Program (WIC) will continue to provide services during the Coronavirus Disease 2019 pandemic; the program is only changing the way services are delivered.

“During this unprecedented event, many are finding it difficult to provide nutritional foods for their family,” said Eva Obirek, St. Charles County WIC Program Manager. “We’re changing the way we deliver our services to help our current, and newly eligible, clients receive some of the help they may need and offering it in a way that helps to reduce the spread of this disease.”

Participating mothers and children can receive nutritional foods, nutrition education, breastfeeding counseling and support, and referral for medical services through this free program. Until further notice, St. Charles County staff will complete appointments remotely — answering questions through phone/email communication, collecting correspondence via digital methods, delivering food instruments through mail, and providing breast pumps or other supplies as needed through drop-off collections.

Since mothers and their children have different nutritional requirements, the program tailors food options for the individual and focuses on healthy choices. Foods offered through the program are low in sugar and are good sources of recommended nutrients like vitamins A, C and D; iron; protein; and calcium. Due to product delivery shortages in some Missouri communities, the eligible food categories and specific food products has been expanded statewide through May 31, 2020.

“Families that may not have been eligible for WIC services previously may now qualify because of a job loss or a cut in hours worked,” Obirek added. “Those who may be in this situation right now are encouraged to reach out to our staff for assistance. Research shows that WIC participation improves the health of mothers and their children.”

To qualify, St. Charles County WIC participants must meet [income guidelines](#), be a Missouri resident and be at “nutritional risk” as determined by a health professional. Income eligibility guidelines are based on gross household income.

For questions about these service changes in St. Charles County or joining the program, please email wichealth@sccmo.org or call 636-949-7402. For information about the services WIC provide, visit sccmo.org/WIC.

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About St. Charles County WIC

Funded and administered at the federal level through the USDA and managed at the state level by the Missouri DHSS, Bureau of Nutrition Services and WIC, the St. Charles County WIC program is operated through the Department of Public Health. In accordance with Federal law and USDA policy, the Department of Public Health is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write to USDA, Director, Office of Adjudication, 1400 Independence Avenue SW, Washington DC, 20250-9410 or call 800-632-9992 (voice) or 800-877-8339 (TTY) or 800-845-6136 (Spanish). This institution is an equal opportunity provider and employer.

About the St. Charles County Division of Health Services

The Division of Health Services' mission is to promote healthy choices and improve the health of the community. To achieve these goals, program services include an Immunization Clinic for children and adults; nutrition education and supplemental food services for women, infants and children; chronic disease screening and prevention; Communicable Disease reporting and investigation; educational programming; the collection and distribution of birth and death certificates; assistance in applications for U.S. passports; and more. For information on programs offered, visit sccmo.org/HealthServices or call 636-949-7400.

About St. Charles County

Founded in 1812, St. Charles County is one of the fastest growing counties in Missouri, and the state's third largest county in both population and economic share. It is home to 15 scenic county parks, encompassing more than 3,643 acres with additional land under development and more in reserve for future development.

With a population of 395,504, St. Charles County is home to large employers including General Motors, Citi, MasterCard Worldwide and Boeing. It is ranked among the top 25 counties in the nation in high-tech job growth by the Progressive Policy Institute and consistently has the lowest unemployment rate in the Metropolitan St. Louis area.

St. Charles County employs more than 1,100 in more than 30 departments and offices, who work to make the county an excellent place to live, work and shop. For more information, please visit sccmo.org.