



# NEWS RELEASE

## St. Charles County Government

Department of Community Health and the Environment

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### FOR IMMEDIATE RELEASE

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## MISSOURI INCREASES INCOME GUIDELINES FOR WIC PROGRAM THAT AIDS GROWING FAMILIES

*St. Charles County, Missouri* – Through its Women, Infants and Children Program (WIC), the St. Charles County Division of Public Health provides specific nutritious supplemental foods and nutrition education at no cost. This month, St. Charles County and the State of Missouri unveiled an increase in the income guidelines, which will allow a larger number of growing families to be eligible to participate in this program that aids in the health and development of pregnant and breastfeeding women, postpartum women, infants, and children up to age five.

The St. Charles County WIC program, which is funded through the U.S. Department of Agriculture, is based at the Division of Public Health office at 1650 Boone's Lick Road in St. Charles. Persons interested in applying for WIC or in need of more information should contact the WIC office by phone at (636) 949-7402 during work hours (8:30 a.m. to noon and 1 to 4:30 p.m., Monday through Friday – except holidays).

Participants in the program must meet income guidelines, a residency requirement and be individually determined to be at "nutrition risk" by a health professional. Effective through March 31, 2013, the extended WIC income guidelines are shown below. For these guidelines, pregnant women are counted as **two family members** when income eligibility is determined.

Family Size	Annual	Monthly	Weekly
2	\$27,991	2,333	539
3	35,317	2,944	680
4	42,643	3,554	821
5	49,969	4,165	961
<i>Each Additional Family Member</i>	+7,326	+611	+141

For the entire income guideline schedule, please visit [http://health.mo.gov/living/families/wic/eligibility\\_income.php](http://health.mo.gov/living/families/wic/eligibility_income.php).

Studies confirm that women who participate in the WIC Program have fewer low birth weight babies, experience fewer infant deaths, see the doctor earlier in pregnancy and eat healthier. The primary services provided through this no cost program are health screening, risk assessment, nutrition education and counseling, breastfeeding promotion and referrals to additional health care. By participating, eligible families will receive checks or packages of nutritional foods that are designed to maintain overall health and aid in development.

(MORE)

**(WIC GUIDELINES – Page Two)**

WIC supplemental food packages are specially chosen to provide foods high in protein, iron, calcium and vitamins A and C. Eligible families 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 and provides breast-feeding support, baby foods and infant cereal. For women who cannot, or choose not to breastfeed, infants may receive supplemental, iron-fortified formula

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The St. Charles County Department of Community Health and the Environment is committed to the protection and enhancement of health and the quality of life for all members of our community. To discover ways the department assists this region, please visit [www.scchealth.org](http://www.scchealth.org) or call 636-949-7400.

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