

SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN (WIC)

WIC prescribes and pays for nutritious foods to supplement the diets of pregnant women, new mothers, infants and children up to five (5) years of age who qualify as “nutritionally at-risk,” based on a medical/nutrition assessment, and state income guidelines. Program participants are reassessed periodically to determine eligibility status.

Those who may qualify for this program include:

- Pregnant women and teens who are pregnant
- Women breastfeeding a baby less than a year old.
- Women who are not breastfeeding with a baby less than six months old.
- Infants
- Children up to the age of five.

These services are provided through contracts with county and city health departments, community health centers, community action agencies and hospitals to provide these services at the local level. WIC has contracts with retail grocers and pharmacies to provide the prescribed supplemental foods. The program also:

- Provides nutrition education to program participants. The goal is to change eating patterns in a positive way to improve their health status.
- Provides breastfeeding counseling and support to pregnant women and new mothers on the program.
- Conducts substance abuse assessment, counseling, and referral.
- Conducts immunization screenings and referrals to assure children are age-appropriately immunized.
- Provides nutrition counseling to special needs populations.
- Provides medical referrals to health care providers to address the WIC participants’ need.

WIC administrative offices may be reached in Jefferson City at (573) 751-6204 or (800) 392-8209. You may also access services through your local county health department.