

Many families today could benefit from a little help – look at WIC

Written by

Thursday, 25 February 2010 16:52

As families struggle with tight budgets, Hennepin County would like to remind women who are pregnant or have children under the age of five that they may be able to receive nutrition advice and food assistance through the Women, Infants and Children (WIC) program.

Championed by one of Minnesota's famous sons, Hubert H. Humphrey, the program was created in the 1970s to improve the health of women and children.

“WIC has been around for a long time, but many families that have never needed any extra help before don't know about WIC,” said Hennepin's WIC Coordinator Karen Mayer. “We really want families to know that they may be eligible for WIC benefits, especially if a family member has lost a job or their life circumstances may have changed. We encourage anyone who is pregnant, recently had a baby, or has a child under the age of 5 to call us to learn if WIC is right for them.”

WIC provides one-on-one nutrition assessment and education and support for mothers who are breastfeeding. WIC helps families buy foods, such as fruits and vegetables, lowfat milk, cereal, and infant formula. Plus, WIC helps families connect to other supports, such as parenting classes, health care services, early childhood development programs and more.

WIC does have income guidelines. For example, a family of four earning up to \$60,000 could qualify.

To learn more about WIC, go to www.hennepin.us/WIC.

If you live in Hennepin, call (612) 348-6100 to find the closest WIC clinic. If you live in other counties, please call the Minnesota Department of Health's WIC line at 1-800-WIC-4030.