



WIC in Berrien



Berrien County Health Department:

Preventing Disease, Prolonging Life and Protecting the Health of the Community.



What is WIC?

WIC stands for Women, Infants and Children. It is a health and nutrition program that has shown a positive effect on pregnancy outcomes, child growth and development.

How Does WIC Work?

This Special Supplemental Nutrition Program is a federally-funded program that serves low and moderate income pregnant, breastfeeding and postpartum women, infants and children up to age five. The program provides a combination of nutrition education, supplemental foods, breastfeeding promotion and support, and referrals to health care. WIC foods are selected to meet nutrient needs such as calcium, iron, folic acid, vitamins A and vitamin C. Participants exchange WIC coupons at approved stores.

What kinds of food does WIC Provide?

1. Foods for infants (birth to 12 months). The WIC Program strongly encourages and provides support for breastfeeding. For babies who are not fully breastfed, iron-fortified infant formula is available for the first year of life. Infants may also receive infant cereal and fruit juices at age six months.

2. Foods for women and children. Pregnant and postpartum women and children under 5 receive food coupons for milk, cheese, eggs, cereal, peanut butter or dried beans or peas, and fruit and vegetable juices. Women who are totally breast-

feeding their babies receive extra food, including carrots and canned tuna.

A sample food package for a child for one month may include:

- 4 gallons of milk
- 36 ounces of cereal
- 1 pound of cheese
- 16 ounces dry beans or peas
- 2 dozen eggs
- 18 ounces of peanut butter
- 4 cans of juice



What Other Services does WIC provide?

Nutrition Education

WIC nutrition education helps those on WIC, with Infant and toddler feeding, Breastfeeding, Prenatal weight gain, Low iron in blood (anemia), Child growth and development and other health issues.

How Do I Qualify for WIC?

You must be a resident of Michigan and be income eligible; your income must be less than guidelines listed below:

Family Size	Hourly	Weekly	Monthly	Annually
1	\$9.09	\$364	\$1,575	\$18,889
2	\$12.18	\$488	\$2,111	\$25,327
3	\$15.28	\$611	\$2,648	\$31,765
4	\$18.37	\$735	\$3,184	\$38,203
5	\$21.47	\$859	\$3,721	\$44,641
6	\$24.56	\$983	\$4,257	\$51,079
7	\$27.66	\$1,107	\$4,794	\$57,517
8	\$30.75	\$1,230	\$5,330	\$63,955
Additional Members	+3.10	+124	+537	+6,438

High Risk Nutrition Counseling

Registered dietitians in the WIC program provide nutrition counseling for those who have special medical conditions or nutrition-related health issues.

Health Care Referrals

WIC provides information and referrals to local health care providers, substance abuse counseling and treatment, prenatal care, stop smoking programs and many other programs to help women, infants and children. WIC offers immunizations and lead testing.

Breastfeeding Promotion and Support

WIC recommends breastfeeding for the first year of life and has trained staff to help mothers with the basics of breastfeeding. Also, a breastfeeding information class is required for all pregnant women. WIC has a Breastfeeding Peer Counselor who provides mother-to-mother counseling and helps with breastfeeding in the hospital and at home if needed. She also can provide breast pumps for moms who need to return to work or school.

Healthy Beginnings!

January is Healthy Beginnings month. This month, the health department will bring you information about topics to begin the new year healthy, including WIC, Interconception Care, Breast Feeding, and Family Planning. For questions about any of these topics, please call the health department at **926-7121**.

WIC Facts

- In Berrien County, an average of nearly 4,000 women, infants and children are enrolled in WIC each month
- Food received from WIC is worth \$30-112 or more per month for each participant
- Participating in WIC has shown a decrease in infant mortality in those receiving Medicaid
- The WIC program supports local communities when food is purchased at stores
- WIC participation lowers the rate of anemia or low blood count in children
- WIC participation lowers the rates of pre-term births and low birth-weight babies



For more information about WIC, or to make an appointment, call the Berrien County Health Department at **927-5646**.

Special thanks to Cheryl Kraklau, RN and WIC Team Leader, for her help with this article!

The Berrien County Health Department has five locations to serve you:

Benton Harbor	M-139 Office	School Based	Niles	Three Oaks
769 Pipestone	2106 S. M-139	870 Colfax Ave	1205 N. Front St.	21 N. Elm
P.O. Box 706	927-5623	925-4500	684-2800	756-2008
926-7121				

Or visit us on the web at www.berriencohlthdept.org

This page is sponsored by the Berrien County Health Department

