



Fact Sheet

WIC works!

Studies show WIC works. The Special Supplemental Nutrition Program for Women, Infants and Children has proven effective in preventing and improving nutrition-related health problems within its population. Numerous studies have shown participating in WIC improves nutrition among participants and is moving the dial on reducing low birth weight, pre-term delivery and fetal death among WIC participants.

How can WIC help you?

- WIC staff share information with pregnant and post-partum women that empowers them to make healthy food decisions for themselves and their children.
- It offers assistance with purchasing healthy items like cereal, peanut butter, cheese and milk.
- It offers guidance about healthy behaviors, provides cooking tips, shares information about children's nutritional needs, provides resources for nutritious food staples, and helps mothers achieve their nutrition goals.
- It encourages breastfeeding with education to pregnant and breastfeeding women, one-on-one peer support, supplies, equipment, and advocacy at the workplace and in the community.

WIC is open to Missouri residents that meet income requirements. Program benefits are provided to women who are pregnant, breastfeeding or whose pregnancy recently ended, and to infants and children under 5 years old deemed at nutritional risk. An unborn child is counted as a member of the family. For complete income eligibility information, visit www.phelpscountyhealth.com or call 573-458-6010.

The Phelps/Maries County Health Department's WIC program is an equal opportunity/affirmative action employer. Services are provided on a non-discriminatory basis. Standards for participation in WIC are the same for everyone, regardless of race, color, national origin, sex, age or handicap.

The Phelps/Maries County Health Department –
caring for your family, caring for our community, caring for YOU!



Public Health
Prevent. Promote. Protect.



Phelps/Maries County Health Dept

200 N Main, Suite G51, Rolla, MO 65401
(573) 458-6010 office

www.phelpscountyhealth.com