



FOR IMMEDIATE RELEASE

Putnam County Health Department continues WIC contract

Unionville, MO – The Putnam County Health Department announces a contract continuance to provide WIC services for federal fiscal year 2025 has been signed with the Missouri Department of Health and Senior Services.

Women, Infants and Children (WIC) is a special supplemental nutrition program providing services to pregnant women, new mothers, infants and children up to their 5th birthday based on nutritional risk and income eligibility. The primary services provided are healthy, supplemental food, risk assessment, nutrition education and counseling, breastfeeding promotion and support, health screening and referrals to health care. To be eligible for WIC, applicants must have an income of less than or equal to 185% of the poverty level and be at nutritional risk. Migrant families are also eligible.

WIC supplemental food packages are specially chosen to provide foods high in protein, iron, calcium, and vitamins A and C. Eligible women and children receive fortified milk and cheese, eggs, whole grain bread products, hot or cold cereals, 100% fruit juices, and fresh or frozen fruits and vegetables. The WIC program recommends breastfeeding and provides breastfeeding support, baby foods, and infant cereal. For women who cannot or choose not to breastfeed, infants may receive supplemental, iron-fortified formula. WIC participants obtain their foods using their eWIC cards for specific items at participating local grocery stores and pharmacies.

Studies confirm that pregnant women who enroll in WIC during the early months of pregnancy have fewer low birth weight babies, experience fewer infant deaths, see the doctor earlier in pregnancy and eat healthier.

WIC is administered in Putnam County by the Putnam County Health Department. Persons interested in applying or who need more information should contact the Putnam County Health Department at 660-947-4100. WIC clinics are offered at the following location(s):

- Putnam County Health Department, 103 N. 18th St. Unionville, MO 63565 Monday-Friday 8:00 am to 4:00 pm

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*mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
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