KANSAS WIC PROGRAM FACT SHEET

For more information contact your local Health Department **www.kansaswic.org**

What is WIC?

WIC is a nutrition program that provides nutrition and health education, healthy food and other services to Kansas families who qualify. WIC stands for Women, Infants and Children.

Who's Eligible?

WIC clients must meet WIC income guidelines and have a medical or nutritional need. WIC serves Kansas residents who are:

- Pregnant
- Breastfeeding mothers, up to baby's first birthday
- Non-breastfeeding mothers, up to six months after baby's birth
- Infants
- Children under five years old

Many working people are eligible for WIC and don't realize it. For example, in 2016:

- a household of 2 can have a gross income up to $29,637 a year
- a household of 4 can have a gross income up to $44,955 a year

WIC impacts Kansas families and counties

WIC serves approximately 60,000 Kansas residents in 102 counties across the state. The approximate cost of monthly food benefits provided to WIC clients is:

- Pregnant women: $70.00
- Breastfeeding mothers, up to baby's first birthday: $90.00
- Breastfed infants up to 6 months old: Priceless breastmilk
- Breastfed infants 6 to 12 months old: Priceless breastmilk + $90.00
- Non-breastfeeding mothers, up to six months after baby's birth: $53.00
- Infants(fully formula fed): $140.00
- Children under five years old: $60.00

WIC Approved Foods

WIC checks can be used to buy healthy food at over 350 authorized grocery stores statewide. Examples of WIC foods include:

- fruits and vegetables
- milk or soymilk
- whole grains
- eggs
- cereal
- fruit juice
- cheese
- baby food
- infant formula
- peanut butter
- canned or dried beans
- canned tuna or salmon

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Nutrition Education

Appointments with Registered Dietitians and Nurses ensure all WIC clients get the highest level of service. Nutrition services in the WIC program may include one or more of the following:

- Individual counseling
- Cooking classes
- On-line education modules
- Peer counselor support
- Interactive displays

Breastfeeding Support

Because a major goal of the WIC Program is to improve nutrition and health, WIC mothers are encouraged to breastfeed their infants. WIC promotes breastfeeding to all pregnant women as the optimal infant feeding choice.

Many Kansas WIC Clinics now have Breastfeeding Peer Counselor Programs. Breastfeeding Peer Counselors provide education and support for WIC mothers. Programs vary but in general, peer counselors are available to WIC clients both inside and outside usual clinic hours and the WIC clinic environment.

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