

WIC clinics planned in Dawson County

Written by Gothenburg Times
Friday, 04 October 2013 15:10 -

The WIC program is available to income-eligible women who are pregnant, breast-feeding or are less than six months postpartum, and infants and children up to age 5. Income guidelines, effective May 20, 2013, are \$21,257 for a single individual or \$43,568 for a family of four. Automatic qualification for those who currently receive ADC, SNAP, Kids Connection or Medicaid.

WIC participants can purchase milk, soy beverages, eggs, cereal, juice, cheese, whole wheat products, canned and dried beans, peanut butter, fresh fruits and vegetables, infant formula and baby foods to help supplement their diet.

Incentives provided for initiation and continuation of fully breastfeeding mothers and infants.

WIC provides monitoring of height, weight and hemoglobin to encourage health. Education is provided by health professionals on diet, breast-feeding, immunizations and other topics in pregnancy and childhood.

A breast-feeding coordinator is now available. The new peer counselor program is available to give all expectant and new mothers peer-to-peer education and support.

For more information or appointment, contact WIC office: P.O. Box 2288, Kearney, NE 68847, or call 1-877-803-1712. Website: www.communityactionmidne.com.

WIC is an equal opportunity program, administered by Community Action Partnership of Mid-Nebraska, a nonprofit organization, operated in accordance with U.S. Department of Agriculture regulations.

Appointments can be made for any of the following sites and dates:

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Gothenburg—American Lutheran Church, 1512 Ave. G, Friday, Oct. 4.

Cozad—United Methodist Church, 1515 B St., Monday, Oct. 7.

Lexington—Mid-Nebraska Community Action Building, 931 W. Seventh St., Tuesday through Thursday the first four full weeks of each month. Call 308-324-6212 for an appointment.