**WHAT IS WIC?**

Women, Infants and Children (WIC) is a special supplemental nutrition program which provides 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 health screening, risk assessment, nutrition education and counseling, breastfeeding promotion and referrals to health care. Supplemental food is provided at no cost to participants.

**CALL TODAY TO SEE IF YOU QUALIFY! 573-324-2111**

Below are the WIC Income Guidelines as of May 1, 2018

<table>
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<tr>
<th>Family Size</th>
<th>Annual</th>
<th>Monthly</th>
<th>Weekly</th>
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Each additional family member: Plus 7,696  Plus 642  Plus 148

**DIAPER BANK**

We are fortunate enough to offer free diapers once a month to those clients on our WIC services. This is available thanks to the generosity of our community. Donations of new diaper packages in all sizes are always welcome to keep the diaper bank stocked so that we can keep the tiny bottoms of Pike County dry.

**WHAT WE OFFER**

WIC supplemental food packages are specially chosen to provide foods high in protein, iron, calcium, and Vitamin A and C. Eligible women and children receive fortified milk and cheese, eggs, whole grain bread products and hot or cold cereal, 100% fruit juices and fresh or frozen fruits and vegetables. The WIC program recommends breastfeeding, 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 by redeeming food checks for specific items at local grocery stores.

**CALENDAR OF EVENTS**

WIC CLINIC IN BOWLING GREEN OPEN ON TUESDAYS AND THURSDAYS

January 1st: Office Closed
January 7th: Breastfeeding Support Group 1:00 p.m.
January 8th: WIC held in Louisiana
January 15: Breastfeeding Class
January 21st: Office Closed
January 24th: WIC held in Louisiana
January 31st: NO WIC

February 4th: Breastfeeding Support Group 1:00 p.m.
February 18th: WIC held in Louisiana
February 18th: Office Closed
February 21st: Breastfeeding Class
February 28th: WIC held in Louisiana

March 4th: Breastfeeding Support Group 1:00 p.m.
March 12th: WIC held in Louisiana
March 19th: Breastfeeding Class
March 28th: WIC held in Louisiana

Stay up to date with events, cancellations and more by following us on facebook@Pikecountywic!
A GROWTH SPURT is a time when a baby goes through a phase in their development where they need additional nutritional, physical, and emotional needs.

Key Characteristics of a Baby during a Spurt:
- More frequent wet and dirty diapers
- Growth in size, length, skills and abilities but not necessarily in weight
- Needs very frequent feeds
- Needs to be held and cuddled
- Last a few days
- Can occur at 3-10 days; 3-6 weeks; 2-4 months; 6 & 9 months
- Wakes often for reassurance
- General changes in sleep patterns

Moms May Feel:
- Like there is not enough milk
- Very tired and exhausted
- Hungry and thirsty

**Moms should listen to their bodies! Get sufficient rest, drink plenty of water, and keep healthy snacks available.**

The nursing mother provides everything the baby needs in the first 6 months!

During these changes the baby demands more so he or she should be breastfed every 1-2 hours during the day or 3-4 hours at night, and more often if needed. Follow baby’s lead. Regular skin-to-skin contact is recommended. This will encourage supply and cause the body to keep up with the baby’s needs. It will keep up!

Don’t Worry….these growth spurts last for a few days, then things will get back to “normal.” Breast milk is the best thing for a growing baby, it’s living cells support development in the most effective way.

Continue breastfeeding and know that your growing baby is getting exactly what he or she needs!

BREASTFEEDING BLURB

VEGETARIAN RICE & BEAN CASSEROLE
PREP TIME 25 mins
COOK TIME 25 mins
TOTAL TIME 50 mins (SERVES 8)

This Vegetarian Rice & Bean Casserole is an easy and healthy solution for getting dinner on the table. It can be made ahead and frozen so it’s extremely quick to throw together.

INGREDIENTS
1 onion, chopped
1 green pepper, chopped
3 garlic cloves, minced
1 tablespoon olive or canola oil
2 cups cooked brown rice (instant, long grain or short grain)
1 can pinto beans, drained
1 can black beans, drained
1 can whole kernel corn*, drained
2 tablespoons tomato paste
1 cup vegetable stock
½ teaspoon ground pepper
1 teaspoon Kosher salt
1 teaspoon dried oregano
1 tablespoon cumin
1 cup Pepper Jack or sharp cheddar cheese, recommend Cabot
1 green onion, diced (optional)

INSTRUCTIONS
Heat a skillet over medium heat. Preheat oven to 375 degrees. Spray a 2½ quart baking dish with cooking oil.

**Moms should listen to their bodies! Get sufficient rest, drink plenty of water, and keep healthy snacks available.**