Who is eligible for WIC?

PREGNANT WOMEN
POSTPARTUM WOMEN
UP TO 6 MONTHS
BREASTFEEDING MOMS
UP TO 1 YR

CHILDREN
UP TO 5 YEARS OLD

A person who participates or has a family member who participates in certain other benefit programs, such as the Supplemental Nutrition Assistance Program (SNAP), Medicaid or Temporary Assistance for Needy Families (TANF), automatically meets the income eligibility requirement.

DHSS ANNOUNCES MISSOURI E-WIC CARD COMING SPRING 2020.

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is offering families a new way to shop for WIC-approved food using an electronic benefit transfer (EBT) card, eWIC.

Families participating in WIC in Audrain, Boone, Callaway, Cole, Cooper, Howard, Miller, Moniteau and Osage counties will be the first to use the new eWIC card beginning on October 2, 2019. Statewide rollout of eWIC will be completed in April 2020. Currently, participants of Missouri WIC, a program administered by the Missouri Department of Health and Senior Services, use paper vouchers to buy nutritious WIC-approved food. The new eWIC card will decrease time at the checkout, provide flexibility to purchase WIC-approved food as needed and provide all household benefits on one card.

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SNACK TIME! - Orange Pumpkin Snack

**INGREDIENTS**
- 3 oranges
- 1 celery stalk

**INSTRUCTIONS**
1. Cut a celery stalk into 3 equal sized pieces.
2. Peel your oranges, then place them on a plate.
3. Simply press one of the celery pieces into the top of the orange where it would naturally split. Be sure you don’t press too hard - ease it in gently. It’s as simple as that!

SNACK TIME! - Toasted Pumpkin Seeds

**INGREDIENTS**
- 2 Cups raw Pumpkin Seeds, 2Tb oil, 1Tb salt

**INSTRUCTIONS**
Preheat oven to 325 degrees F
Spread the pumpkin seeds on a medium baking sheet. Drizzle with oil. Sprinkle with salt.
Bake 45 minutes in the preheated oven, stirring occasionally, until lightly toasted.

DINNER TIME!

**Vegetarian Chili**

**INGREDIENTS**
- 1 tbsp. olive oil*
- 1 onion, chopped*
- 1 red bell pepper, chopped*
- 2 carrots, peeled and finely chopped*
- 3 cloves garlic, minced*
- 1 jalapeño, finely chopped*
- 1 tsp. tomato paste
- 1 (15.5-oz) can pinto beans, drained and rinsed*
- 1 (15.5-oz) can black beans, drained and rinsed*
- 1 (15.5-oz) can kidney beans, drained and rinsed*
- 1 (28-oz.) can fire roasted tomatoes
- 3 c. vegetable broth
- 2 tsp. chili powder
- 1 tsp. cumin
- 2 tsp. oregano
- kosher salt

Freshly ground black pepper

Shredded cheddar, for serving*

**DIRECTIONS**
In a large pot over medium heat, heat olive oil then add onion, bell pepper, and carrots. Sauté until soft about 5 minutes. Add garlic and jalapeño and cook until fragrant, 1 minute.

Add tomato paste and stir to coat vegetables. Add tomatoes, beans, broth, and seasonings. Season with salt and pepper to taste.

Bring to a boil then reduce heat and let simmer, 30 minutes. Serve with cheese, sour cream, and cilantro.

EAT WITH THE SEASON - fall produce -

Fruits and Vegetables taste best and cost less when they are in season and are simpler because really fresh produce tastes great without much work. Here are some tasty fall produce examples:

Apples, Sweet Potatoes, Pears, Brussels Sprouts, Pumpkin, Carrots, Beets, Cabbage, Potatoes, Winter Squash, Zucchini, Grapes and Green Beans.

BREASTFEEDING BLURB

The holidays are upon us! The hustle and bustle of family gatherings, shopping, and too many to-do lists keep us busy. It’s not easy to balance the demands of the holiday schedule and nursing a child, but this is one of the most important times to continue breastfeeding. The stress of travel and the changing weather can be hard on a baby, but breast milk is the best defense and can boost the immune system. Below are some tips to keep your breastfeeding journey successful through the next festive months and beyond.

1. Take Care of Yourself- Drink water, eat foods full of vitamins and healthy fats, and get plenty of rest.

2. Wear Your Baby- Carrying your baby can keep some of the extra stimulus down and keep your baby calm. You can comfortable nurse in many carriers.

3. Allow extra travel time- An extra stop to nurse or change the baby might be necessary.

4. Be Comfortable when nursing- This may mean something different to each mom. You are legally allowed to breastfeed anywhere you and your baby are allowed…. so find a nice spot and nurse that baby!

5. Ignore unsolicited advice and bottle encouragement

6. Enjoy the Baby!

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