



Dickinson-Iron District Health Department

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News Release

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Immediate Release

WIC Program Provides Free Nutritious Food

Kingsford, Michigan – May 2, 2011. WIC is a food and nutrition program funded by the United States Department of Agriculture through the Michigan Department of Community Health. The Dickinson-Iron District Health Department delivers WIC services and benefits to our residents. WIC provides supplemental food, offers professional nutrition education and makes referrals to community resources based on health screening and assessments of need.

Nutritious foods are provided to supplement and help improve the diet. For example,

- Women and children may receive milk, cheese, eggs, juices rich in Vitamin C, cereals rich in iron, and dry peas/beans or peanut butter, fresh fruits and vegetables, whole grain breads or tortillas.
- Breastfeeding women, who do not receive formula from WIC, may also receive tuna fish, as well as extra cheese, juice & beans.
- Starting at 6 months of age, infants are eligible to receive infant cereal and baby foods in jars. Breastfed infants receive double the amount of baby food.
- For infants who are partially breastfed or not breastfed, WIC provides iron-fortified formula.
- Fresh produce is provided to many WIC participants through Project FRESH, a Farmer's Market Nutrition Program.

WIC participants are issued a Michigan Bridge Card which can be used at any of the WIC authorized retail stores throughout Michigan. The Bridge Card looks like and is used like a debit or credit card.

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WIC applicants must meet all of the following 4 criteria to be eligible for WIC benefits:

1. Fall into one of the following categories:
 - Pregnant Women
 - Breastfeeding Women up to 1 year from delivery
 - Postpartum Women up to 6 months from delivery
 - Infants
 - Children up to their 5th birthday
2. Resident of the state of Michigan. U.S. Citizenship is not required.
3. Income eligible (at or below 185% of Federal Poverty Guidelines or on Medicaid or food stamps). For example, a family of 4 making \$41,348 or less a year may qualify.
4. Determined by WIC clinic staff to have a medical or nutritional need. For example, low blood iron or anemia; too much or too little weight gain (for pregnant women and children), poor diet, chronic disease, and developmental disabilities.

Working families may apply for WIC benefits. The WIC Program looks at income, not whether or not someone is working. The Health Department has WIC clinics in the late afternoon hours to accommodate our clients' working schedules.

To apply for WIC benefits contact the Dickinson-Iron District Health Department WIC office at (906) 779-7212 or (906) 265-4173.

This institution is an equal opportunity provider.

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