

WIC Is Food Program

Are you a pregnant or breast-feeding woman? Do you have a child under 5 years old?

If so you may qualify for the WIC Program.

WIC is a Special Supplemental Food Program for women and for infants, and children under 5. It is funded and administered by the Department of Agriculture through the local health department.

WIC supplements a person's regular diet with iron and protein rich foods such as milk, eggs, cheese, cereal, fruit juice, and infant formula.

The WIC Program also provides individual counseling on good health care and eating habits during pregnancy and childhood.

You may qualify for WIC if:

1) You are a resident of Hoke County.

2) You are a pregnant or breastfeeding woman or infant, or child under age 5.

3) You meet present WIC income standards. This is based on the total gross income in the household and the number of persons living in the house.

4) You are a nutritional risk.

A person is at nutritional risk if he/she has an inadequate growth pattern (under/overweight) or a medical history of nutrition related problems in the family such as anemia or "low blood", miscarriages, or premature births. A health

professional (doctor, nurse, physician assistant, or nutritionist) must determine if an individual has a medical problem which could cause this person to be at nutritional risk and qualify for WIC.

If you feel you or a member of your family is eligible for the WIC Program, visit the Hoke County Health Department or call at 875-3717.

The Special Supplemental Food Program for Women, Infants, and Children is open to all eligible people regardless of race, color, national origin, sex, age, or handicap and is administered by the Food and Nutrition Service of the U.S. Department of Agriculture (USDA).

HILLCREST BAPTIST CHURCH

401 BUSINESS NORTH

The Teaching Ministry Begins at 9:45 a.m.

MORNING WORSHIP 11:00 a.m.

EVENING 7:30 p.m.

CHRISTIAN FELLOWSHIP Wednesday - 7:30 p.m.

CHOIR ... Youth 6:30 p.m.; Adult ... 7:30 p.m. Monday

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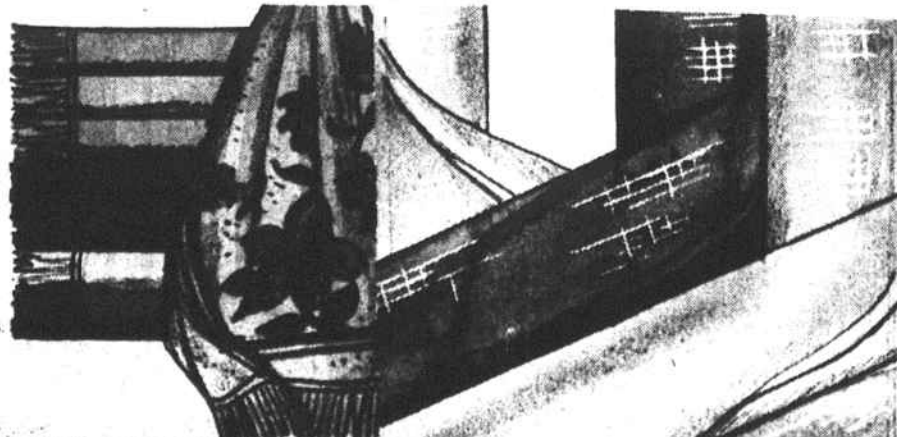
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