

WIC (WOMEN, INFANTS AND CHILDREN)

Eating more nutritious foods that lead to a healthier life is a common goal for many families. But the question is, how? How do we turn that goal into action and start taking the necessary steps to eat better? WIC Health Professionals often use **ChooseMyPlate.gov** to guide families on the nutritional needs for their families and healthy changes that can be made to eat better.



In July of 2015, the WIC program transitioned from using paper food vouchers to electronic benefit transfer (EBT). This has certainly made redeeming food benefits at the grocery so much faster and easier for WIC participants. WIC vendors receive payment so much faster as well.

In August, WIC staff promoted the breastfeeding awareness month theme, "Working Together for Breastfeeding Success". The Academy of Pediatrics recommends exclusive breastfeeding for the first 6 months of an infant's life. Promotion and protection of breastfeeding is a high priority of the American Academy of Pediatrics.

Our nursing moms support group meets in the nursery at Crossroads Church on the first Thursday of the month at 10:00 am. It is open not only to WIC moms but to the public and little ones are welcome.

WIC OFFICE HOURS

Monday - Friday
8:30 a.m. to 4:30 p.m.

First Thursday of each Month
8:30 a.m. to 6:00 p.m.



Questions about WIC or breastfeeding? Please call 1-800-888-4808 or 419-337-6979 or visit our website at www.fultoncountyhealthdept.com