



Public Health
Prevent. Promote. Protect.

BOLLINGER COUNTY HEALTH CENTER

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December 11, 2020

WIC News Release

The Bollinger County Health Center has announced that a contract to continue to provide WIC services for federal fiscal year 2021 has been signed with the Missouri Department of Health and Senior Services. Under the terms of the contract, the Bollinger County Health Center will be able to serve persons eligible for WIC every month.

WIC (the Special Supplement Food Program for Women, Infants, and Children) provides, at no cost, specific nutritious supplemental foods and nutrition education to pregnant, breastfeeding, and postpartum women and teens, infants and children up to age 5. WIC participants are persons who meet WIC income guidelines and are determined by health professionals to be at nutritional risk.

WIC supplemental food packages are specially chosen to provide foods high in protein, iron, calcium, and vitamins A and C. Eligible women and children receive fortified milk, yogurt, cheese, eggs, hot or cold cereals high in iron, fruit and/or vegetable juices high in vitamin C, dried beans or peas, canned beans, peanut butter, bread, tortillas, brown rice or wheat pasta, and fruits and vegetables. Although the WIC program recommends breastfeeding, infants receive supplemental iron fortified formula when needed, and infant cereal and baby food at the appropriate age.

Participants are issued checks to buy these foods at authorized local retail stores.

The Bollinger County Health Center provides a Breastfeeding Peer Counselor Program. FY2020 serves as the 17th year for this program. Breastfeeding Peer Counselors (BFPCs) teach breastfeeding classes monthly, as well as host a quarterly support group. BFPCs also provide one-on-one counseling to moms. In 2019, the Bollinger County Health Center also received recognition as a Breastfeeding Friendly WIC Clinic” for the Seventh year in a row and was recognized as a Missouri Breastfeeding Friendly Worksite.

By improving the diets of low-income women, infants and children, the WIC program improves the health status of a vulnerable population during a critical growth period.

WIC is administered in Bollinger County by the Bollinger County Health Center. Persons interested in applying or in need of more information should contact the Bollinger County Health Center at 573-238-2817 or toll free 1-866-338-2817. A monthly satellite clinic is offered in Patton in addition to the clinics held at the Bollinger County Health Center at 107 Highway 51 North, Marble Hill MO 63764.

Standards for participation in the WIC program are the same for everyone regardless of race, color, national origin, sex, age, or handicap.

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As stated above, all protected bases do not apply to all programs. The first six protected bases of race, color, national origin, age, disability and sex are the six protected bases for applicants and recipients of the Child Nutrition Programs.

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