

NSHC WIC PROGRAM

Welcome to the Women, Infant & Children Program

WIC provides nutrition information and counseling, free healthy foods, health screening and referrals

Thank you for applying/reapplying for WIC as a **new or breastfeeding mom!** As a program participant we ask you to choose and work on a health goal related to nutrition, exercise or any other lifestyle choices that affect your overall health. Below is a table with a list of possible health risks you may face as a breastfeeding/postpartum mother. Please choose all that apply to you. If you are not sure what to choose your Health Aide may be able to help or you can call us. In the "Goals" box please select 1-2 goals that you would like to work on that are related to your risks.

Health Risks	Goals
<input type="checkbox"/> Breastfeeding Concerns <input type="checkbox"/> Anemia <input type="checkbox"/> High Weight <input type="checkbox"/> Medical Condition <input type="checkbox"/> Age <input type="checkbox"/> Twins <input type="checkbox"/> Chewing/Smoking/Alcohol/Drug use <input type="checkbox"/> Not eating enough healthy foods <input type="checkbox"/> Eating too much junk foods <input type="checkbox"/> Drinking too much caffeine <input type="checkbox"/> Other:	<input type="checkbox"/> Eat more iron rich foods and take an iron supplement <input type="checkbox"/> Eat more fruits and vegetables <input type="checkbox"/> Eat less junk food-tang, soda, chips <input type="checkbox"/> Eat less fats <input type="checkbox"/> Eat smaller portions <input type="checkbox"/> Begin doing physical activity each day <input type="checkbox"/> Breastfeed more often <input type="checkbox"/> Drink more water (8 cups a day) <input type="checkbox"/> Stop chewing/smoking/alcohol <input type="checkbox"/> Drink less caffeine (only 1 cup per day) <input type="checkbox"/> Other:

Your job is to work on this goal throughout your certification period and our job is to help support you in achieving this goal. You should expect to receive education and encouragement from us every 3 months, but feel free to contact us at any point along the way if you have questions or need extra encouragement!

Reminders:

WIC is a supplemental food program and provides the most food to moms that are fully breastfeeding. This means that if you decide not to formula feed your baby, you get carrots, tuna, and/or salmon in your food package in addition to other foods. If you are breastfeeding and formula feeding then the food package is the same as when you were pregnant. We encourage you to breastfeed for your and your baby's health.

One year of breastfeeding your baby is highly recommended to get the full health benefits for you and your new born. You and your baby will be enrolled in the program for one year. Postpartum mom's giving only formula will be on WIC for 6 months after delivery.

WE WANT TO HEAR FROM YOU! Let us know if you have any concerns about breastfeeding or your baby's eating habits. Contact us at 907-443-3299 M-F 8:00AM-5:00PM

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; fax: (202) 690-7442; or email: program.intake@usda.gov. This institution is an equal opportunity provider.