

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 for your **child!** As a program participant we ask you to choose and work on a health goal for your child related to nutrition, activity or any other lifestyle choices that affect your child's overall health. Below is a table with a list of possible health risks your child may face. Please choose all that apply to your child. 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 child's risks.

Your child's health risks:	Goals to improve your child's health:
<input type="checkbox"/> Anemia (low iron)	<input type="checkbox"/> Eat more iron foods, take iron if prescribed
<input type="checkbox"/> Low weight for height	<input type="checkbox"/> Eat more nutritious snacks
<input type="checkbox"/> High weight for height	<input type="checkbox"/> Eat more fruits and vegetables
<input type="checkbox"/> Short stature for age	<input type="checkbox"/> Drink less juice, tang, Kool-Aid, soda
<input type="checkbox"/> Slow growth	<input type="checkbox"/> Eat less junk food
<input type="checkbox"/> Medical Condition	<input type="checkbox"/> Stop using a bottle, encourage using a cup
<input type="checkbox"/> Not eating enough healthy foods	<input type="checkbox"/> Brush your teeth
<input type="checkbox"/> Eating too much junk food	<input type="checkbox"/> Drink more water
<input type="checkbox"/> Drinking too much sugar (juice, tang, pop, etc.)	<input type="checkbox"/> Play or do some physical activity every day
<input type="checkbox"/> Still using a bottle	<input type="checkbox"/> Decrease amount of "screen" time (TV, phone, computer, video games, etc.)
<input type="checkbox"/> Taking a bottle to bed	<input type="checkbox"/> Other:
<input type="checkbox"/> Dental problems	
<input type="checkbox"/> Other:	

Your job is to work on this goal with your child throughout his/her certification period and our job is to help support you both 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!

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

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