

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 for WIC during your **pregnancy!** 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 health or the health of your unborn baby during your pregnancy. Below is a table with a list of possible health risks you may face as a pregnant 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.

Your health risks:	Your health goals:
<input type="checkbox"/> Anemia (low iron) <input type="checkbox"/> Low maternal weight gain <input type="checkbox"/> Weight loss during pregnancy <input type="checkbox"/> Medical Condition <input type="checkbox"/> Current pregnancy at <17 years old <input type="checkbox"/> Lack of or inadequate prenatal care <input type="checkbox"/> Not eating enough healthy foods <input type="checkbox"/> Eating too much junk food <input type="checkbox"/> Drinking too much sugar (juice, tang, pop, etc.) <input type="checkbox"/> Chewing/Smoking/Alcohol/Drug use <input type="checkbox"/> Closely spaced pregnancies <input type="checkbox"/> Other:	<input type="checkbox"/> Eat more iron foods, take iron if prescribed <input type="checkbox"/> Make an appointment for a prenatal visit <input type="checkbox"/> Eat more nutritious snacks <input type="checkbox"/> Eat more fruits and vegetables <input type="checkbox"/> Drink less tang, Kool-Aid, soda <input type="checkbox"/> Drink more water <input type="checkbox"/> Limit caffeine intake <input type="checkbox"/> Stop Chewing/Smoking/Drinking/Drugs <input type="checkbox"/> Do some physical activity every day <input type="checkbox"/> Decide now to breastfeed your baby <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:

Congratulations! Whether this is your first pregnancy or you already have children, this is a special time in life. One of the best things about pregnancy is that it makes you more aware of your body's nutritional needs. Good nutrition is especially important now because it affects your baby's growth and development.

We encourage all pregnant moms to breastfeed and to start thinking about/developing your plan now. If you are unsure or unconfident about breastfeeding please reach out to us as soon as possible so we can assist you any way we can. Remember breastmilk is the first traditional food and any amount you can give your baby is beneficial! Breastfeed and give your babies the best start in life!

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

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