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**MARTIN COUNTY HEALTH DEPARTMENT**

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## NEW CHANGES COMING TO THE WIC (WOMEN, INFANTS AND CHILDREN) PROGRAM

Starting October 1<sup>st</sup>, women participating in the WIC nutrition program will now be able to purchase fruits, vegetables and whole grains as well as baby food fruits and vegetables using WIC vouchers.

This is the first change to the WIC food package in nearly 30 years.

Eligible women and children participating in the program receive food checks that specify which food items can be purchased. The checks can be redeemed at any of the 2,000 plus authorized grocery stores in Florida.

The changes also strengthen WIC's breastfeeding promotion and support messages by providing incentives for continued breastfeeding including additional quantities of foods for breastfeeding mothers and their babies.

The WIC Program at the Martin County Health Department has recently undergone some renovations to accommodate the demand for services including the addition of staff, a new check-in process and an auto dialer system to remind clients of their upcoming appointments.

WIC staff has also been active in the community educating health providers, community agencies and grocery personnel about the upcoming changes.

So far this year, the WIC program at the Martin County Health Department served more than 5,050 clients at the Stuart and Indiantown locations.

For more information about the WIC nutrition program, log on to [www.floridawic.org](http://www.floridawic.org)

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Martin County Health Department  
*"Celebrating 60 Years of Service"*

[www.MartinCountyHealth.com](http://www.MartinCountyHealth.com)