

NEWS RELEASE

For Immediate Release:

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For More Information, Contact:

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WIC Program Seeks Public Input for Planning

BISMARCK, N.D.—The North Dakota Department of Health is requesting public input into the direction of the North Dakota Special Supplemental Nutrition Program for Women, Infants and Children (WIC) for the coming year.

After the comment period, North Dakota WIC will develop goals and objectives in nutrition services (such as reducing childhood obesity), breastfeeding promotion and support, food delivery, and administration (including the WIC information system and efforts to move food benefits from a check to a card). Comments will be accepted through Friday, June 29, 2018 by mail, email or phone. Comments can be directed to:

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Funded by the U.S. Department of Agriculture, the WIC Program has prevented health problems and improved children's health, growth and development for over 40 years. WIC benefits include quality nutrition and breastfeeding education, as well as access to monthly foods rich in calcium, iron and protein to help bolster the health of babies, children younger than 5 years and pregnant, postpartum and breastfeeding women. WIC foods are designed to fit the nutritional needs of each WIC participant and include only milk, eggs, cheese, peanut butter, 100 percent fruit juice, beans, whole grains and cereals, and fresh fruits and vegetables. WIC supports breastfeeding as the optimal way to feed infants, but infants who are not breastfed receive iron-fortified formula and older infants also receive baby food.

To qualify for WIC, families must reside in North Dakota, meet the income requirements, and have a nutritional or medical need for WIC services, such as anemia or inadequate diet. Need is determined by measuring the child or woman's height and weight, performing a hemoglobin test, and taking a health and dietary history. To find out if you qualify, contact the WIC agency in your community or visit the WIC website at www.ndhealth.gov/wic.

For more information or to receive a copy of the last year's goals and objectives, contact Colleen Pearce, North Dakota Department of Health, at 701.328.2496 or visit www.ndhealth.gov/wic.

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