



Caddo County Health Department

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## ***Are You Eligible for WIC?***

A valuable public health nutrition program may not be reaching all who are eligible for the program's services in Caddo County.

WIC, the special supplemental nutrition program for women, infants and children, provides nutritious supplemental foods and special nutrition education and counseling. Women who are pregnant, breastfeeding, or who have recently given birth, as well as children up to age 5 may be eligible to receive services if they are nutritionally at-risk and have a low or moderate income. WIC is funded by the U.S. Department of Agriculture and is administered in Oklahoma through all county health departments and many private nonprofit agencies and tribal health programs.

"While persons who receive Medicaid, SNAP or TANF benefits automatically qualify for WIC, others not receiving public assistance may still be eligible if their income is within program limits," said Brandie O'Connor, administrative director for the Caddo County Health Department.

Mothers aren't the only ones who can apply for WIC benefits for children: two-parent families, single mother or single father families, grandparents, foster parents, or a guardian can all apply for WIC for children up to age 5.

WIC offers a variety of healthy food choices including fresh and frozen fruits and vegetables, whole grains, and infant foods. WIC participants learn how to choose and prepare healthy snacks and meals. The program supports breastfeeding mothers by providing breastfeeding information, personal assistance and a breast pump when needed. WIC also introduces clients to other health care services including prenatal care, well child clinics, family planning services, guidance services, and immunizations for children.

To learn more about WIC, call the Caddo County Health Department at 405-247-2507 or the WIC hotline at 1-888-655-2942, or visit <http://WIC.health.ok.gov>.

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