



SANILAC COUNTY HEALTH DEPARTMENT WIC CLINIC HOURS

Sanilac County Health Department
171 Dawson, Suite 123
Sandusky, MI 48471

Phone: 810.648.4098 ext. _____
to schedule an appointment

Hours:



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1) Mail:

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410

2) Fax: (202) 690-7442

3) Email: Program.intake.usda.gov

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Sanilac County Health Department

WHAT IS WIC?

WIC is a Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) that is federally-funded and serves low and moderate income pregnant, breastfeeding, and postpartum women, infants, and children up to age 5.

WHAT DOES WIC PROVIDE?

Foods for Infants (Birth to 12 months)

The WIC Program strongly encourages and provides support for breastfeeding. For babies who are not fully breastfed, iron-fortified infant formula is available for the first year of life. The state contracts with one formula company to provide formula at a reduced price. At six months, infants may also receive infant cereal and infant fruits and vegetables. Infants that fully breastfeed may also receive infant meals. Infants with specific medical diagnoses may receive a special formula.

Foods for Women and Children

Pregnant and postpartum women and children (under 5 years of age) participating in WIC receive food benefits for milk, cheese, eggs, cereals, peanut butter, dry beans/peas or canned beans/peas, and fruit or vegetable juices, fresh fruits and vegetables and whole grain choices include breads, tortillas, brown rice and oatmeal. Women who exclusively breastfeed their

babies may also receive extra food, including canned tuna fish.

Special formulas or nutritional supplements are also available to participating women and children who have certain medical conditions.

Nutrition Education

WIC nutrition education assists WIC participants with:

- Infant and toddler feeding
- Breastfeeding
- Prenatal weight gain
- Anemia or iron deficiency
- Child growth, development, and other nutrition related health issues.

High Risk Nutrition Counseling

Registered Dietitians at WIC provide individualized high-risk nutrition counseling for participants with special medical conditions or nutrition-related issues.

Health Care Referrals

WIC works closely with the health care community, receiving referrals from private and public health care providers and providing referrals as needed for health and social services.

WIC refers participants for immunizations, substance abuse counseling and treatment, prenatal care, smoking cessation, lead screening, the Healthy Kids/MI Child programs, and more.

WIC encourages person already receiving medical services to remain under their

physicians' care. WIC also encourages well-child visits and routine health and dental care.

Breastfeeding Promotion and Support

All WIC agencies have trained personnel ready to assist mothers with the basic of breastfeeding.

Many WIC agencies have breastfeeding peer counselor support programs that provide mother-to-mother counseling.

Project FRESH

The WIC Farmers' Market Nutrition Program (FMNP), also known as Project FRESH, provides eligible WIC participants with coupons to purchase locally grown fresh fruits and vegetables at farmers' markets. WIC participants receive these nutrition benefits in addition to their WIC food package and nutrition education.

