

Helping
To Create
Healthy Habits
For A Brighter
Future...

Our Purpose...

To reduce infant mortality by eliminating barriers to health and well-being for at risk pregnant women.

Our Mission...

The Mission of the WIC Program is to improve the health status and prevent health problems among Ohio's at-risk women, infants, and children.

See Insert for Program Eligibility Guidelines and Clinic Locations.

*Clinics are open Monday – Friday
8am – 4:30pm.*

Ask about walk-in and extended hours.



Mahoning County WIC Program
50 Westchester Drive
Austintown, Ohio 44515
Phone: 330-792-2397 Ext. 225
Email: wic@mahoninghealth.org
www.mahoninghealth.org/wic



Public Health
Prevent. Promote. Protect
Mahoning County
District Board of Health

*This institution is an equal
opportunity provider.*

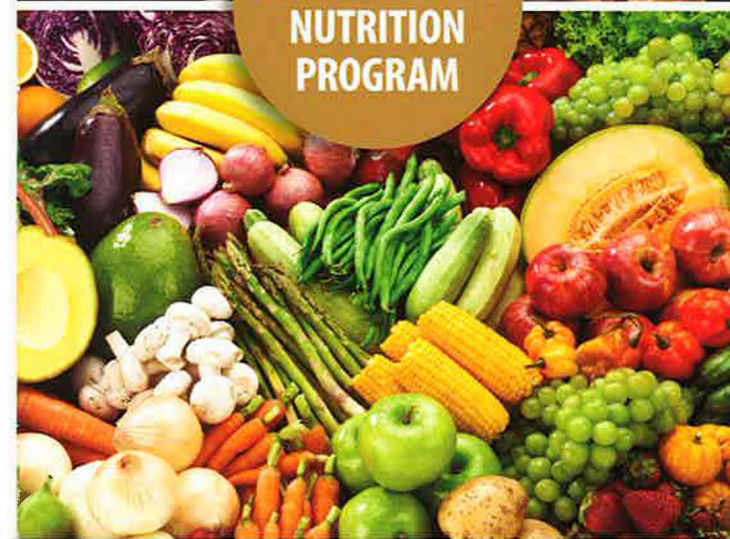
*Atencion: Si habla espanol, tiene
a su disposicion servicios gratuitos
de asistencia linguistica.*



Women, Infants & Children



**SPECIAL
SUPPLEMENTAL
NUTRITION
PROGRAM**



What Is WIC?

WIC is a nutrition education program that provides nutritious foods that promote good health for pregnant women, women who have just had a baby, breastfeeding mothers and infants and children up to age five.

WIC Can Help Your Family With...

- Nutrition education and support.
- Breastfeeding promotion, support and education.
- WIC Nutrition Card (WNC) to shop at local grocery stores.
- Referrals to health care and human service programs.
- Manual or electric breast pumps for those who qualify.
- Immunization screening and referral.
- Voter registration.



Farmer's Market (June – October)

Special coupons are available for fresh vegetables, fruits and herbs from participating local farmers.

Highly Nutritious Foods

- Milk, Eggs, Cereal, Fruit Juice, Peanut Butter, Whole Grains, Dried or Canned Beans, Fresh, Frozen or Canned Fruits & Vegetables, Tofu, Soy Milk, and Lactaid Milk, Infant Formula, Infant Cereal and Baby Foods.
- Breastfeeding women who do not receive formula can also get Cheese, Tuna/Salmon.

Who Is Eligible For WIC?

- Are you pregnant, breastfeeding or have a baby less than six months old?
- Do you have an infant or child up to five years of age?
- Do you live in Ohio?
- Do you meet the WIC income guidelines?

(Unborn children are part of the economic unit)

Visit mahoninghealth.org/wic For Information On Current Income Guidelines

It's easy to apply for the WIC Program. Simply call one of our clinics to schedule an appointment and bring the following:

HOW DO I APPLY?

- All family members applying for WIC.
- Proof of income.
- Proof of address.
- Proof of birth... crib card, birth letter, birth certificate.
- Proof of pregnancy.
- Photo ID for women, shot records for infants and children under age five.

