



# W I C

October 2015

“ A Program of the Noble County Health Department”

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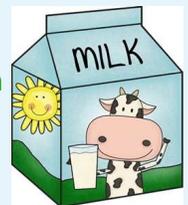
Funded by Ohio Department of Health/Federal Government Bureau of Nutrition Services WIC Program

Ohio WIC Program Income Guidelines	Family size	Monthly
Gross income before taxes cannot exceed the following amounts: Note: A pregnant woman counts as more than one family member. A person who currently receives Medicaid, food stamps, or Ohio Works First (OWF) automatically meets the income criteria for WIC.	1	\$1,815
	2	\$2,456
	3	\$3,098
	4	\$3,739
	5	\$4,380
	6	\$5,022

**Program Description**  
**WIC is the Special Supplemental Nutrition Program for Women, Infant, and Children. WIC helps income eligible pregnant and breastfeeding women, who recently had a baby, infants and children up to five years of age who are at nutritional risk. WIC coupons are to help families with food and formula. However, please note WIC is a supplemental program and is not intended to provide enough formula for**

### Skim and 1% milk

All types of milk have the same amount of calcium, protein, vitamin D and other nutrients. Skim and 1% milk have all the nutrition that children 2 years old and above need. Children 12-24 months old need a reliable source of fat for brain growth and should drink whole milk.



### Make the change!

Enjoy the refreshing taste of skim and 1% milk. It is important that you make a slow change. If your family is drinking whole milk make the first step by drinking 2%. If you drink 2% try 1% and when your family is comfortable with the 1% milk, try changing to skim.

Another suggestion would be to mix the different milks together. Slowly decrease the whole or 2% milk and add more 1% or skim milk. It will take time to make the complete change, but will be worth it in the end.

To apply for WIC or for more information please call the WIC office at the Noble County Health Department at 740.732.4958.



### Building Your Milk Supply

The more your baby breastfeeds, the more breast milk you make. The first milk, colostrum, is the perfect first food. It protects your baby and has everything your baby needs.

- The amount of colostrum you have is just right for you baby’s very small tummy.
- Your baby needs to breastfeed at least 8-12 times in 24 hours
- If you plan to use a bottle or pacifier, wait until your baby is at least 3-4 weeks old. Bottles and pacifiers can decrease your milk supply.

If you have questions or concerns about breastfeeding please call Mishelle Trescott at the Noble County Health Department WIC office at 740.732.4958.