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**PRESS RELEASE – For Immediate Release**

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**Healthy Moms and Children Lead to Healthier Families In Our Community!**

TWIN FALLS- South Central Public Health District (SCPHD) wants to remind eligible families of the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) offered at all district offices in southern Idaho. WIC is a federally funded supplemental nutrition and breastfeeding promotion program for lower-income and nutritionally at-risk pregnant women, new mothers, infants, and young children under the age of five years. It is a short-term program designed to influence a lifetime of nutrition and health. WIC prevents health problems and improves the nutritional wellbeing of our nation's women, infants and children, especially during critical growth periods.

WIC provides access to supplemental foods that participants shop for at local grocery stores. Examples of foods available to participants are: milk, cheese, eggs, beans, peanut butter, fortified cereals, whole wheat bread, corn tortillas, 100% fruit juice, and fresh fruits and vegetables.

“SCPHD’s WIC program currently serves over 6,892 participants each month. Just months ago we were serving 7,255. That is more of a significant drop than we like to see,” said Tammy Walters, SCPHD Nutritionist and WIC Coordinator. “This is a great program that works to keep moms and children healthy which ensures healthier families in our community. We encourage all eligible families, not already on WIC, to utilize this supplemental program.”

To participate in the program, women (pregnant, breastfeeding, or recently postpartum), infants and children up to 5 years old must meet specific qualifications. For more information on requirements please visit [www.phd5.idaho.gov](http://www.phd5.idaho.gov) or call any local SCPHD office (Bellevue, Burley, Gooding, Jerome, Rupert, and Twin Falls) to schedule an appointment. The WIC program is an equal opportunity provider.

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