

## **UMW Local Unit Program/Social Action Event – 2011 Creating a Partnership Between UMW and WIC**

**Purpose:** To foster healthy babies and mothers.

This plan was developed for UMW local units or circles.

It may result in UMW becoming involved in and supportive of the WIC program.

**Goals:** Local women will become knowledgeable about their local WIC program.

Women will make eligibility requirement for the WIC program available to the congregation.

Post on bulletin boards or in nursery.

Local women may become supportive of WIC with donations or by volunteering as needed.

Women may offer rides to people who need them to make WIC appointments or provide gas cards for women who need them.

**History of WIC:** This brief history and the attached timeline are taken from a document from Economic Research Service/USDA, *The WIC Program: Background Trends, and Issues/FANRR-27*, Chapter II.

The origins of WIC date back to the 1960s when the Nation began to recognize that many low-income Americans were suffering from malnutrition. In 1969, the White House Conference on Food, Nutrition, and Health was convened with intention of focusing national attention and resources on the problem of malnutrition and hunger due to poverty. In response, USDA established the Commodity Supplemental Food Program in 1969. Through the years, there have been many changes in services provided. The attached timeline reports many of them. The program has worked cooperatively with many other programs. This program provides women, infants, and children with nutritional information, food, health screenings, and many other services lead to healthier families.

### **General Information:**

**Eligibility:** To be eligible for WIC benefits in Wisconsin, a person must meet the following requirements:

- be a pregnant, breastfeeding or new mother; be an infant up to age one; or a child up to age 5; and
- be a resident of Wisconsin; and
- be income eligible; and
- have a health or nutrition need.

**Benefits received by all WIC Participants:**

- Screening for nutrition and health need needs.
- Information on how to use WIC foods to improve health.
- Checks to buy foods that help keep you and your children healthy and strong.
- Referrals to doctors, dentists and programs like Food Share, Healthy Start and Head Start.

**Women receive:**

- WIC foods.
- Information on healthy eating during pregnancy and breastfeeding.
- Breastfeeding support.

**Infants receive:**

- Breastfeeding support or infant formula.
- Immunization referrals.
- Parents/caregivers receive information on taking care of babies.

**Children receive:**

- WIC foods.
- Immunization referrals.
- Parents/caregivers receive information on food shopping, recipes and feeding a child.

**Health Benefits of WIC:**

- Premature births reduced.

- Low birth-weight reduced.
- Long-term medical expenses reduced.

Other programs:

- Farmer's Market
- WICPRO (People who provide services for or partner with the WIC program.)
- Vender Information

**Activities:**

Contact your local WIC office. Arrange for a speaker or possibly a tour of their facility.

Locations can be found at <http://www.dhs.wisconsin.gov/wic/localproject/localprojects.htm> .

Or, you may call Dodie Smith – 262-551-8669.

Collect items requested by your local WIC office. They might include the following:

- Layettes
- Baby blankets
- Baby snowsuits/jackets
- Preschool children's books
- Baby sweaters
- Baby socks/booties
- Diapers
- Toys or books for play area

Explore the need for volunteers and the process to become involved.

Offer prayers of thanksgiving for help given through **WIC**. Pray that funding continues to be available. Pray that those in need will avail themselves of WIC's services, etc.

Enjoy!