The Supplemental Nutrition Program for Women, Infants, and Children, also known as WIC helps participants get the foods they need for a healthy diet.

WIC foods include cereal, fruit juice, milk, eggs, cheese, infant formula, dry beans and peanut butter. For breastfeeding mothers, canned tuna and carrots are also provided.

All foods fit into the food pyramid developed by the U.S. Department of Agriculture, to reflect a healthy diet. WIC provides nutrition education and can provide referrals to health services.

The Nebraska WIC Program provides free nutritious foods to pregnant women or women who recently had a baby. Breastfeeding moms and infants and children up to five years of age are also eligible.

To be eligible for WIC benefits a person must live in Nebraska, have a nutritional need and meet income guidelines.

Income guidelines are quite generous, for example a family of four with a yearly income of $40,793 could qualify for WIC benefits. Working families are often eligible and encouraged to apply. Migrants and homeless families are also encouraged to apply for WIC.

People's Family Health Service Agency has WIC clients each month at North Platte, McCook, Curtis, Imperial, Ogallala, and Benkelman. WIC also meets at Grant and Mullen on even months, and Trenton on odd months.

WIC's Clinic Schedule

Ogallala—1st week of each month, Monday, Tuesday, Wednesday, and Friday. Monday 9:30-5, Tuesday and Wednesday 9-5:30, Friday 9-3:30 (MT)at Sandhills District Health Department, 55 E River Rd. Suite 24.

Imperial—2nd Tuesday, and 2nd and 3rd Wednesday of each month, 9:30-3:30 (MT). WIC meets at United Methodist Church, 420 Holland Street.

Grant—2nd week Thursday even months. 9:00-2:30 v(MT). WIC meets at United Methodist Church, 5th and Warren Streets.

Make an appointment for any of these clinics by calling 308-534-1678 or 1-800-395-7336.