

Breastfeeding Peer Counselor:
#708-927-3348

Our Breastfeeding Peer Counselor (Marisol) can be reached by phone or email. Feel free to give her a call if you have any questions, concerns, or need referrals.

malcantar@stickneypublichealthdistrict.org

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Stickney PHD-WIC

5635 State Road

Burbank, IL 60459

Phone (708) 424-9200

Fax (708) 424-3601

wic@stickneypublichealthdistrict.org

The Stickney Public Health District is proud to provide financial support to our local WIC program.

WIC Program

**Women, Infants, and
Children**



**Stickney
Public Health
District**

**Louis S. Viverito, Supervisor/President
Board of Health
Hector Cesario, Secretary- Board of
Health
Ken Polivka, Treasurer- Board of
Health**

What is WIC?

WIC is a federally-funded health and nutrition program for women, infants, and children. WIC helps families by providing coupons for buying healthy supplemental foods from WIC-authorized vendors, nutrition education, and help finding healthcare and other community services.

Who is eligible?

Participants must be:

- pregnant women
- breastfeeding women
- new mothers
- infants
- children under age five

Where do I have to live?

Our WIC Program serves Stickney Township Residents that live in:

- Burbank
- Central Stickney
- Forest View
- Nottingham Park
- Stickney

Are there Income Guidelines?

Participants must meet income guidelines. To be eligible on the basis of income, applicants' income must fall at or below 185% of the U.S. Poverty Income Guidelines (currently \$42,643 for a family of four).

A person who participates or has family members who participate in certain other benefit programs, such as SNAP, Medicaid, or TANF, automatically meets the income eligibility requirement.

What Foods Does WIC Provide?

- Infant cereal
- Adult iron-fortified cereal
- Vitamin C- rich fruit/vegetable juice
- Eggs
- Milk
- Cheese
- Peanut butter
- Dried and canned beans/peas
- Canned fish
- Baby foods
- Whole wheat bread and other whole grain options
- Vouchers for fresh, canned, or frozen fruit/vegetables

WIC recognizes and promotes breastfeeding as the optimal source of nutrition for infants. For women who do not fully breastfeed, WIC provides iron-fortified formula. Special infant formulas and medical foods may be provided when prescribed by a physician for a specified medical condition.

What else does WIC provide?

- ABE/AllKids Applications
- Breastfeeding Help Line
- Breastfeeding Peer Counselor
- Breastfeeding Support
- Free Immunizations
- Hemoglobin Testing
- Lead Screening
- Nutrition Counseling and Education
- Postpartum Depression Screening
- Referrals to Early Intervention (EI)
- And so much more!

Questions?

More information?

Make an appointment?

Please contact us at:

(708)424-9200

Monday-8:30am-4pm

Tuesday, Wednesday, Thursday-8am-4pm