



CATAWBA COUNTY

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Public Health

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WIC Representatives Scheduling Appointments at Family Fair

HICKORY, NC – Representatives from Catawba County Public Health’s Women, Infants and Children (WIC) program will be attending the upcoming Family Fair at Catawba Valley Community College (CVCC) April 16 from 10:00 a.m. to 2:00 p.m. to provide information and schedule appointments for families who qualify for WIC assistance.

WIC is a federal supplemental nutrition program funded by the United States Department of Agriculture (USDA) for pregnant, postpartum and breastfeeding women and children up to age five. The goal of the program is to help prevent nutrition-related problems in pregnancy, infancy and early childhood.

At Catawba County Public Health, registered dietitians and nutritionists provide counseling and education on proper nutrition by appointment. They also provide WIC food vouchers that may be redeemed at participating food stores and farmer’s markets for nutritional foods, including fresh fruits and vegetables, whole grains, milk, juice, eggs, cheese, and cereal. In addition, breastfeeding peer counselors are available to offer education and instruction to new moms.

To determine eligibility or make an appointment, parents may call Catawba County Public Health’s WIC reception line at (828) 695-5884. However, parents now have an additional opportunity to schedule appointments at the WIC booth during Family Fair.

“Expectant mothers and new parents often have questions about appropriate nutrition for themselves and their young children,” said Julie Byrd, WIC director at Catawba County Public Health. “Being at Family Fair gives us an opportunity to answer those questions and encourage more eligible families to participate in the WIC program.”

To learn more about the WIC program at Catawba County Public Health, please call 828-695-5884 or visit www.catawbacountync.gov/phealth.

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