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Broward County Health Department's Women, Infant and Children (WIC) Program Provides Free Healthy Food, Education, Counseling and Support

BROWARD COUNTY, FL – The opportunity for free healthy food, education and counseling is available for Broward County women, but relatively few of them are taking advantage of it.

The Broward County Health Department's Women, Infants and Children (WIC) program provides healthy foods, nutrition education and counseling, breastfeeding support and referrals for healthcare for more than 41,000 women and their children.

According to Rebecca Hacker, nutrition program director at Broward County Health Department, there are thousands of women, infants and children who could benefit from the program, if they knew about it.

"While we have one of the most active WIC programs in the state of Florida, there are many more mothers and children we could be helping," she said. "Our purpose is to improve our clients' health by providing nutritional support during critical periods of growth and development at no cost for qualified applicants."

Who qualifies? Broward County women with low or moderate gross family income of less than or equal to 185 percent of poverty guidelines, who are pregnant, have recently been pregnant, are breastfeeding, have infants and children younger than five-years-old who are at nutrition risk (ex. underweight, overweight, low birth rate, born prematurely).

In addition to free healthy foods, WIC offers nutrition education and counseling, breastfeeding support, and referrals for health care, immunizations and community services at no cost for those who qualify.

Each WIC client's nutritional needs and interests are identified through an assessment and then foods are prescribed to help meet those needs.

Broward County residents can apply by calling WIC at (954) 767-5110, (954) 767-5111, by visiting www.browardchd.org or any of the WIC locations throughout Broward County.

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