

## Our Goal:

**WIC Strives to improve the health of participants by offering these benefits:**

- ◆ Nutrition education
- ◆ Breastfeeding promotion
- ◆ Nutritious foods

## Referrals made for other services:

- ◆ Family Case Management
- ◆ Family Planning
- ◆ Child and Family Connections
- ◆ Infant Developmental screenings
- ◆ Breastfeeding support and breast pumps
- ◆ Adult education services
- ◆ Other services are available

## WIC Office Hours:

Tuesday and Wednesday:  
8a.m. - 4p.m.

Late afternoon appointments are available from 4p.m. - 6p.m. the third Wednesday of each month,

Please call WIC to schedule an appointment:

309-627-2812 ext. 235



HENDERSON COUNTY

**HEALTH  
DEPARTMENT**



**WIC**  
For Healthy  
Children and  
Strong Families



### **Top 10 Reasons to Breastfeed Your Baby:**

1. Perfect amount of nutrients
2. Boosts development and growth
3. Strengthens immune system
4. Reduces risk of SIDS
5. Creates dedicated bonding time
6. Mother's breast milk is easier to digest.
7. Speeds up post-pregnancy weight loss
8. Reduces risk of breast and ovarian cancer
9. It is always ready and the right temperature
10. Fewer ear infections



### **Example of Available foods:**

|                |                                 |
|----------------|---------------------------------|
| Milk           | Cheese                          |
| Infant Formula | Yogurt                          |
| Juice          | Fresh, Frozen, or Canned Fruits |
| Peanut Butter  | Vegetables                      |
| Beans          | Eggs                            |
| Cereal         | Baby Fruits and Vegetables      |

Call today for an appointment:

309-627-2812 (ext. 235).  
Ask for Brittani (WIC Clerk)  
or Janet (WIC Nurse).

208 West Elm St.  
Gladstone, IL, 61437

This institution is an equal  
opportunity provider.

### **WIC is a supplemental nutritional program for:**

- ◆ Pregnant Women
- ◆ Postpartum Women
- ◆ Breastfeeding Women
- ◆ Infants and Children up to 5 Years Old