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# WIC program offers more than help with groceries

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Raising three boys under the age of 6 is not an easy task for any mom. But for Cieara McCoy, it's made a little easier with the support she receives from the Lawrence-Douglas County Health Department's WIC (Special Supplemental Nutrition Program for Women, Infants and Children) program.

"(WIC) has been a lot of help," said McCoy, a Lecompton resident and WIC client for almost six years. "Us mothers are always busy - they're a good reference to have on hand."

In addition to getting financial help to purchase nutritious foods, McCoy has also learned how to keep her family healthy.

Classes on getting children to eat different foods, how to breast feed and dealing with behavior issues are some of the subjects taught by WIC nutritionists and other community program specialists. The child discipline and budgeting classes have been especially helpful, said McCoy, now a self-described coupon cutter. WIC recipes have also helped her plan meals.

When her middle child wasn't getting enough iron, WIC showed McCoy how to make a few simple changes to his diet.

"... They told me to give him peanut butter and beans throughout the day," she said. "He's a lot better than he was."

WIC currently serves more than 1,500 Douglas County women and children. The program has also contributed a significant amount to the local economy. Total WIC food dollars spent in Kansas in 2007 was \$44,967,574, with more than \$800,000 spent in Douglas County.

For more information on WIC and program eligibility, call (785) 843-0721 or visit <http://www.ldchealth.org/wicnutrition.htm>.