



Community and Economic
Development Association of
Cook County, Incorporated



“Love them lots. Feed them right. Your child has you...And you have WIC!”



Summer 2015

What is WIC?

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breast-feeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

WIC CAN OFFER:

- Nutrition Education
- Nutrition Counseling
- Health and Growth Assessment
- Breastfeeding Education and Counseling
- Referrals to Other Social and Health Services
- Breast Pump Referrals
- Vouchers for Nutritious Food

Summer Highlights

“More Veggies Please!”

The WIC Program provides farmers’ market vouchers to WIC clients each summer to increase consumption of fruits and vegetables. Additionally, the WIC farmers’ market program provides an opportunity for WIC participants to use their local farmers’ market.

The CEDA WIC program has been working in partnership with the Windy City Harvest and Green Youth Farm through Chicago Botanic Gardens to get fresh produce boxes out to the CEDA WIC offices throughout Cook County. This year, we also formed a new partnership with the PCC Austin Community Farm. From June through October, more than 4,250 WIC participants will have access to fresh produce!



“My kids do not eat vegetables, and I struggle to find ways to cook them. The produce box from WIC is so helpful. Picking up the box got my kids excited to try the vegetables and there were some that I had never even tried before. The food is so fresh. The best part of the box is that it came with recipes to use. I made a big smoothie using most of the vegetables. My kids loved it and didn’t even realize what they were eating. The produce box program really helps me feed my kids healthier meals.”

-Jessica P.

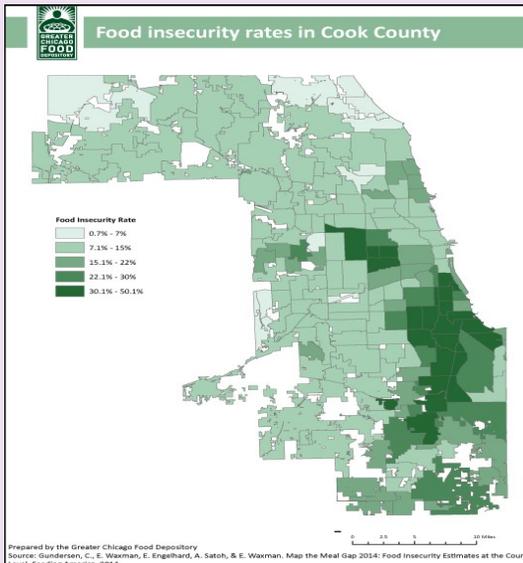
“I have high blood sugar but I didn’t know that a lot of the foods I eat like bread, pasta, and fruits make my blood sugar spike. The nutritionist taught me that I should try to eat more protein. I also got a box of fresh vegetables which will make my dinners this week a lot healthier.” -Suzana R.

FOOD INSECURITY

- In 2013, 49.1 million Americans lived in food insecure households, including 33.3 million adults and 15.8 million children.
- In 2013, American households with children reported food insecurity at a significantly higher rate than those without children, 20% compared to 12%.

THE FACE OF HUNGER IN CHICAGO

- According to a study conducted by the Greater Chicago Food Depository, in Cook County, 1 in 6 people - more than 807,000 men, women and children are food insecure.
- In Cook County, about 37% of food pantry and soup kitchen clients are children under 18 years old.



CEDA WIC Can Help!
19 clinics throughout
Cook County

Visit cedaorg.net

1-(855)WIC-CEDA (1-855-942-2332)

to find out more!

Success Stories

“They had so much information about breastfeeding available”

“WIC has been so helpful. When I was pregnant, I was having issues with my doctor. WIC was a great source of information. They helped me stop gaining too much weight throughout the pregnancy and also helped me maintain. After I gave birth, they had so much information about breastfeeding available and really helped me. They are still helping, by ensuring I am able to provide enough of the right foods for my family.”

-Thalia S.

“WIC helped prepare me to be a mom”

“I started using the WIC program when my first son was born four years ago. As a first time mom, WIC was incredibly helpful in teaching me what to do and what not to do. Without this program, I don’t know what we’d do.”

-Laura G.

“WIC’s process makes it easy to get the help I need”

“I was fired for my pregnancy. A few months later, I enrolled in the WIC program and it has been an incredible help. WIC checks help me buy quality food that I actually want to feed my son. And then I have more money to buy diapers and other essentials. What I like about WIC is that it is a very smooth process. They are so helpful, and I don’t have to come in all the time or even every month. They make it really easy to get the help I need.”

-Monica M.

