



FOR IMMEDIATE RELEASE

Howell County Health Department continues WIC contract

West Plains, MO – The Howell County Health Department announces a contract continuance to provide WIC services for federal fiscal year 2026 has been signed with the Missouri Department of Health and Senior Services.

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) provides services to pregnant women, new mothers, infants and children up to their 5th birthday based on nutritional risk and income eligibility. The primary services provided are healthy, supplemental food, risk assessment, nutrition education and counseling, breastfeeding promotion and support, health screening and referrals to health care. To be eligible for WIC, applicants must have an income equal to or less than 185% of the poverty level and be at nutritional risk.

WIC supplemental food packages are specially chosen to provide foods high in protein, iron, calcium and vitamins A and C. Eligible women and children receive fortified milk and cheese, eggs, whole grain bread products, hot and cold cereals, 100% fruit juices and fresh or frozen fruits and vegetables. The WIC program recommends breastfeeding and provides breastfeeding support, baby foods and infant cereal. For women who cannot or choose not to breastfeed, infants may receive supplemental, iron-fortified formula. WIC participants obtain their foods using their WIC cards to purchase specific items at participating local grocery stores and pharmacies.

Studies confirm that pregnant women who enroll in WIC during the early months of pregnancy have fewer low birth weight babies, experience fewer infant deaths, see the doctor earlier in pregnancy and eat healthier.

WIC is administered in Howell County by the Howell County Health Department, Monday-Friday from 7:30 am-12 noon & 1:00-5:00 pm. Persons interested in applying or needing more information should contact the HCHD at 180 Kentucky Street or by calling 417-256-7078. WIC clinics are also offered at the following location(s):

Willow Springs Wesley Methodist Church, 311 N Harris Street, Willow Springs, Mo., the 1st Wednesday of the month 9:00am-3:30pm.

Mtn View Christian Church, 1505 St Rt 17, Mtn View, Mo., the 4th Tuesday of the month 9:00am-3:30pm.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at <https://www.usda.gov/.../default/files/documents/ad-3027.pdf> and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.