



VALLEY HEALTH

Quality healthcare in your neighborhood.

WIC Program

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**VALLEY HEALTH WIC PROGRAM TO OFFER
FARMERS' MARKET VOUCHERS**

The Valley Health Women, Infants and Children (WIC) Program will be distributing Farmers' Market vouchers to WIC participants beginning Tuesday, July 19, 2016 during normal clinic hours. Farmers' Market vouchers will be distributed as long as vouchers are available. The quantity of vouchers is limited and will be distributed on a first-come, first-served basis. Current Boone, Cabell, Kanawha, Lincoln, Putnam, and Wayne WIC participants are eligible to participate in the WIC Farmers' Market Nutrition Program. WIC participants need to show a valid WIC ID to receive vouchers.

The Kanawha County Office will have a pop-up Farmer's Market available on most Wednesdays throughout July and August. Locally grown fruit and vegetables along with a variety of other products will be available for purchase. Farmers will accept cash, credit, EBT, and WIC FM Vouchers.

The goal of the West Virginia Farmers' Market Nutrition Program is to supplement WIC participants' diets with fresh, locally-grown produce and to increase the use and awareness of the Farmers' Markets. Farmers' Market vouchers do not affect participants' current WIC benefits. The vouchers are to be used to purchase fresh fruits, fresh vegetables and fresh herbs at the market.

WIC is a federally funded Supplemental Food and Nutrition Program for pregnant, breastfeeding and postpartum women, infants and children up to age five years. WIC provides nutrition and breastfeeding education and counseling along with vouchers for supplemental foods. The supplemental food vouchers can be redeemed at local grocery stores and may include milk, cheese, eggs, juice, cereal, whole grain bread, beans, peanut butter, infant formula and fruits and vegetables. Within the next six months, the Monongalia County Health Department WIC Program will be converting from a paper voucher system to providing WIC benefits through an EBT card system.

For more information about the Farmers' Market Nutrition Program, the WIC Program, or to see if you qualify, call your local WIC office or visit our website at <http://ons.wvdhhr.org>. To find a Valley Health WIC location, visit <http://valleyhealth.org/service/wic/>.

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WIC is an Equal Opportunity Provider.