



FOR IMMEDIATE RELEASE

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WIC Helps Keep Families Healthy Over the Summer and All Year Long!

Eau Claire, WI, July 6th, 2016-What does eating healthy mean to you? The Eau Claire City-County Health Department's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides nutrition education and healthy foods to support families who want to eat healthy.

Healthy Nutrition was a priority in the 2014-2015 Eau Claire County Community Health Assessment. This was chosen by people who live in Eau Claire County. Many felt that "Some people can't afford enough food or healthy food cost too much" and "Not all people know how to eat healthy or have the skills to prepare healthy food." WIC helps families learn how to eat healthy.



Eau Claire County families who are pregnant and/or have children under the age of five may qualify to receive:

- One-on-one time with a dietitian to talk about healthy eating
- Advise on healthy growth and development of pregnant women, infants and children
- Support for nursing and feeding their baby
- Support to buy healthy foods such as: milk, fruit juice, peanut butter, fruits, vegetables, cereal, whole grains, eggs, baby foods and some infant formulas, if needed.

Dads are welcome too! Dads can bring their children in to WIC and receive health benefits for their children. "Father's play an important role in kids' lives. WIC is a 'father friendly' program," says Ruth Kilness, RDN and Public Health Nutritionist at the Eau Claire Health Department.

If you would like to learn more or have questions about the WIC program call our friendly staff at 715-839-5051 or visit us online at www.eauclairewi.gov/wic.

**Information about additional free meal programs for kids and families throughout the summer can be found on the following page.*



FREE TASTY MEALS

All Summer Long! 2016

SUMMER FOOD SERVICE PROGRAM

No sign-up or application, everyone's welcome!

BOYS & GIRLS CLUB
1005 Oxford Ave. Eau Claire, WI
June 13 - August 24

18 & UNDER
Monday - Friday
Lunch 12:00 - 1:00
Snack 2:45 - 3:30

MONDAY - THURSDAY

July 25 - August 11

FLYNN ELEMENTARY
1430 Lee St. Eau Claire, WI

18 & UNDER
Breakfast 8:00 - 8:45
Lunch 11:45 - 12:15

LAKESHORE ELEMENTARY
711 Lake St. Eau Claire, WI

LOCUST LANE ELEMENTARY
3245 Locust Ln. Eau Claire, WI

LONGFELLOW ELEMENTARY
512 Balcom St. Eau Claire, WI

PUTNAM HEIGHTS ELEMENTARY
633 W. MacArthur Ave. Eau Claire, WI

This institution is an equal opportunity provider.

WEEKLY DINING *All Year Long*

No sign-up or application, everyone's welcome!

THE COMMUNITY TABLE
320 Putnam St. Eau Claire, WI

ALL AGES

LUNCH Mon, Wed, Thu, Sat 11:30 - 1:00
DINNER Tue & Fri 5:00 - 6:15
Sunday 3:00 - 4:00

WEEKEND MEALS FOR KIDS

Sponsored By: Feed My People Food Bank
Free bagged meals for weekends delivered to:

JUNE 16 - JUNE 30

Enrollment Required

Families with students attending Discovery Program will receive enrollment forms.

Meadowview Elementary Montessori Charter
Putnam Heights Elementary Robbins Elementary
Roosevelt Elementary Sam Davey Elementary

JULY 28 - AUGUST 11

Enrollment Required

Families with students attending summer school will receive enrollment forms.

Flynn Elementary Lakeshore Elementary
Locust Lane Elementary Longfellow Elementary
Northwoods Elementary Sherman Elementary
Manz Elementary << Manz meal pick-up at Putnam Heights

EAU CLAIRE PARKS & RECREATION RIVER CITY ADVENTURES

June 16 - July 28 *Enrollment Required*
CALL 715.839.5032
Sam Davey, Flynn, Roosevelt playgrounds; Mitscher Park

L.E. PHILLIPS MEMORIAL PUBLIC LIBRARY

June 13 - August 27 *Permission Slip Required*
CALL 715.839.5007
Pickup at Youth Services desk Mon - Sat during regular library hours

BOYS & GIRLS CLUB

June 16 - August 19 *Enrollment Required*
CALL 715.855.0081
Thursdays & Fridays NOON - 5:30

THE COMMUNITY TABLE

June 17 - August 19
CALL 715.835.4977
Fridays 5:00 - 6:15

EAU CLAIRE AREA HMONG MUTUAL ASSISTANCE ASSOC. INC.

June 15 - August 24 *Enrollment Required*
CALL 715.832.8420
Wednesdays NOON - 4:00

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