Organization overview

Family Care Health Center WIC Office

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Family Care Health Centers WIC office is a governmental supplement program which provides nutrition education program. They have two locations in St Louis city. The WIC Program is a supplemental nutrition program for pregnant, postpartum, and breastfeeding women, infants, and children aged five who meet the income regulations criteria. After the client is eligible, the mother will benefit as long as they are nursing for the first year. The children get benefits until five years of age. The services include the formula and a variety of healthy food. The breastfeeding mother is eligible to get benefits longer than the non-breastfeeding mother. The breastfeeding mother receives benefits for a longer time, and they also get a larger amount of food.

There are seven registered dietitians in the two locations. They provide educations and counseling to help the patient manage their health and prevent diseases. The organization has individualized counseling and education, health fairs, and presentations to maintains a healthy community. The organization also provides nutrition, breastfeeding education, and support. There are lactation teams that are spiralized to assets the mother education and encourage them. To increase the breastfeeding outcome. The team assists the pregnant and postpartum women activities their breastfeeding goals. WIC program also can provide a breast pump and other breastfeeding items as support.

Another service they provide health care referrals and other community resources referral too. The organization has switched to e-card recently to better serve the community. The e-card makes the purchasing of food much easier, but all the clients need to come to the sites to reload their cards. It is a great way to keep the client in the clinic's physical touch to keep getting their benefits and supports. During COVID-19, all the appointments were via phone; the patient can only come into the site for specific needs, such as we see the doctor for the medical issue of immunization.

The clients must make an appointment as initial certification, mid- certification, and two education sessions within each year. Every year the child needs to make a recertification appointment to update the detailed information of the family. In each appointment, they need to update the benefits information, education provided, and reload the money for the supplest foods. It is a great service that provides national support to this population in the community. Nutrition education can raise awareness and provide guidance in the community.

These locations have clinics and WIC offices in the same buildings. There are many differences between the family health care center and other WIC Offices. They only have a dietitian on-site the do not hire nutritionists. They only dire dietitians because they provided nutrition counsels, education, and MNT in the clinic, which require a dietitian to provide these services.