



ILLINOIS

# Fact Sheet

## ➤ National WIC Facts

- WIC is the nation’s most successful and cost-effective public health nutrition program
- WIC’s Mission is to safeguard the health of low-income women, infants, & children up to age 5 who are at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating, & referrals to health care
- ~7,000,000 women, infants, and children receive WIC in the United States each year
- WIC serves almost half of all infants born in the US

## ➤ Illinois WIC Facts

- Over 168,000 Illinois residents receive WIC
- Funds are granted to 92 local health departments and community-based organization to provide WIC services as well as to distribute food benefits
- In the current federal fiscal year \$154,800,000 in WIC food benefits is expected to be spent locally
- Participants receive a monthly food package for nutrient dense foods (milk, whole grains, lean protein) and a “cash value benefit” specifically for fresh, frozen, or canned fruits and vegetables
  - Without adequate funding on October 1, 2023, the monthly fruit and vegetable benefit will drop by 56%a month
- The average value of a WIC food package is \$77 per month

## ➤ Local WIC Facts

- The **Jackson County WIC Program** is expected to serve over 1,215 individuals this year.
- The economic impact of WIC food benefit redemptions locally over the last 3 years was:

FY21	\$ 519,712.54	FY22	\$ 577,722.78	FY23	\$ 741,834.61
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## ➤ Why WIC?

- WIC is for families, working or not, that meet the income guidelines
- Healthy foods, nutrition tips, breastfeeding & community support
  - WIC foods are high in calcium, iron, folic acid, & protein which leads to improved health outcomes for families
  - Families who participate in WIC have:
    - longer, safer pregnancies, with fewer premature births and infant deaths;
    - improved dietary outcomes for infants and children;
    - improved maternal health; and improved performance at school
  - In addition to health benefits, WIC participants showed significant savings in healthcare costs when compared to non-participants.

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