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     | FY22         | FY23         |
    |----------|--------------|--------------|
    | $519,712.54 | $577,722.78  | $741,834.61  |

- **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.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA’s TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant’s name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: 1. mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or 2. fax: (833) 256-1665 or (202) 690-7442; or 3. email: program.intake@usda.gov. This institution is an equal opportunity provider.