

## New WIC Contract for FY 2023

The Camden County Health Department has announced that a contract to continue to provide WIC services for federal fiscal year 2023 has been signed with the Missouri Department of Health and Senior Services. Under the terms of the contract, the Camden County Health Department will be able to serve 856 persons eligible for WIC every month.

Women, Infants and Children (WIC) is a special supplemental nutrition program providing services to pregnant women, new mothers, infants and children up to their 5th birthday based on nutritional risk and income eligibility. The primary services provided are health screening, risk assessment, nutrition education and counseling, breastfeeding promotion and referrals to health care. Nutritious supplemental food is provided at no cost to participants. To be eligible for WIC applicants must have an income of less than or equal to 185% of the poverty level (see attached income guidelines) and be determined by a health professional to be at nutritional risk. Migrant families are also eligible.

**Missouri WIC Income Guidelines – May 1, 2022**  
Guidelines reflect gross (pre-tax) income.

Family Size	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$25,142	\$2,090	\$1,048	\$667	\$484
2	\$33,874	\$2,823	\$1,412	\$1,303	\$652
3	\$42,606	\$3,551	\$1,776	\$1,639	\$820
4	\$51,338	\$4,279	\$2,140	\$1,975	\$988
5	\$60,070	\$5,006	\$2,503	\$2,311	\$1,156
6	\$68,802	\$5,734	\$2,867	\$2,647	\$1,324
7	\$77,534	\$6,462	\$3,231	\$2,983	\$1,492
8	\$86,266	\$7,189	\$3,595	\$3,318	\$1,659
9	\$94,998	\$7,917	\$3,959	\$3,654	\$1,827
10	\$103,730	\$8,645	\$4,323	\$3,990	\$1,995
11	\$112,462	\$9,372	\$4,686	\$4,326	\$2,163
12	\$121,194	\$10,100	\$5,050	\$4,662	\$2,331
13	\$129,926	\$10,828	\$5,414	\$4,998	\$2,499
14	\$138,658	\$11,555	\$5,778	\$5,333	\$2,667
15	\$147,390	\$12,283	\$6,142	\$5,669	\$2,835
16	\$156,122	\$13,011	\$6,506	\$6,005	\$3,003
Each additional family member	Plus \$8,732	Plus \$728	Plus \$364	Plus \$336	Plus \$168

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Income guidelines are based on 185% of the poverty level.  
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WIC supplemental food packages are specially chosen to provide foods high in protein, iron, calcium, and vitamins A and C. Eligible women and children receive fortified milk and cheese, eggs, whole grain bread products and hot or cold cereals, 100% fruit juices, and fresh or frozen fruits and vegetables. The WIC program recommends breastfeeding, provides breast-feeding support, baby foods and infant cereal. For women who cannot or choose not to breastfeed, infants may receive supplemental iron fortified formula. WIC participants obtain their foods by redeeming eWIC food benefits for specific items at local grocery stores and pharmacies.

Studies confirm that pregnant women who enroll in WIC during the early months of pregnancy have fewer low birth weight babies, experience fewer infant deaths, see the doctor earlier in pregnancy and eat healthier.

WIC is administered in Camden County by the Camden County Health Department. Persons interested in applying or who are in need of more information should contact the Camden County Health Department/WIC Program at 573-346-7271. WIC clinics are offered at 1976 N Business Route 5 in Camdenton, Missouri.

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[Nondiscrimination Statement](#) | [Info, Data and Links](#) | [Women, Infants and Children \(WIC\)](#) | [Health and Senior Services \(mo.gov\)](#)