

## Letter to the Editor

June 20, 2023

To the Editor,

WIC is the nation's most successful public health nutrition program.

Each month, Montana WIC provides healthy food, nutrition education, breastfeeding support, and a community of support from both experts and peers to more than 16,000 moms and children. Nationwide, WIC serves more than 7 million people.

Montana WIC participants say they would recommend WIC to their friends, and when asked what they value most about WIC, more than 75 percent say they value the nutrition information and appreciate the support from WIC staff.

As the nation's most successful and cost-effective public health nutrition program, WIC is designed to influence lifetime nutrition and health behaviors for participating families. If you are pregnant, parenting, grand parenting or foster parenting a child under 5, you can get the right personalized support for you and your family.

Households that are enrolled in the following programs automatically meet income eligibility for WIC:

- Healthy Montana Kids Plus (HMK-Plus) and Medicaid

- Supplemental Nutrition Assistance Program (SNAP)

- Temporary Assistance to Needy Families (TANF)

- Food Distribution Program on Indian Reservations (FDPIR)

- National School Lunch Program (free and reduced-price meals)

More information about WIC, including specific income guidelines, is available online at [wic.mt.gov](http://wic.mt.gov) or by calling 1-800-433-4298.

The Plentywood WIC Clinic (406-765-3410) serves residents in Sheridan and Daniels Counties, and eastern Roosevelt County, while the Sidney WIC Clinic (406-433-2207) serves Richland and eastern Roosevelt Counties. Call to apply or for additional information about WIC.

This institution is an equal opportunity provider. WIC is a public health nutrition program under the jurisdiction of the United States Department of Agriculture (USDA).

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Program

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