

## FOR IMMEDIATE RELEASE

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### WIC HELPS KEEP FAMILIES HEALTHY OVER THE SUMMER AND THROUGHOUT THE YEAR!

**Eau Claire, WI, June 22, 2015**-With school coming to a close for the year, students are ready for a summer full of fun! However, for many parents in Eau Claire County having their children home for the summer can mean higher grocery bills, especially when parents choose to purchase healthy foods. The Eau Claire County WIC Nutrition Program (Women, Infants and Children) provides nutrition education and healthy foods to assist families with healthy eating lifestyles.



In the 2015 Community Health Assessment Healthy Nutrition was rated as one of the top five areas of focus for our community. Many community members felt that “Some people can’t afford enough food or healthy food is too expensive” and “Not everyone knows how to eat healthy or has the skills to prepare healthy food.” WIC helps families to work to overcome both of these challenges to eating healthy.

**Many working families qualify for the program.** The program uses the same income guidelines as free and reduced lunches, so it is a great program to join to help children to continue to get healthy foods throughout the summer and continue year-round!

Eau Claire County residents who are pregnant and/or have children under the age of five may qualify to receive:

- Time with a WIC nutritionist who will talk about nutrition with the family
- Help monitor healthy growth and development of pregnant women and children
- Support for breastfeeding
- Assistance to buy healthy foods such as: milk, fruit juice, peanut butter, fruits, vegetables, cereal, whole grains, eggs, baby foods and some infant formulas, if needed.

“The most common way that participants of WIC hear about the program is from a family member or friend, says Beth Draeger Public Health Nutrition Supervisor. “Make sure to share information about WIC with anyone you know who may qualify to make sure that they are able to eat healthy this summer!”

If you would like to learn more or have questions regarding the WIC program call our friendly staff at 715-839-5051 or visit us online at [www.eauclairewi.gov/wic](http://www.eauclairewi.gov/wic).

\*\*Additional local “Summer Food and Fun” opportunities can be found on the following page

# Summer Food and Fun!

2015

## Weekend Kids' Meal Program

Sponsored by Feed My People Food Bank  
Free bagged breakfasts and lunches for weekends delivered to:

Flynn, Lakeshore, Locust Lane,  
Longfellow, and Manz Elementary Schools

July 30 - August 13  
Enrollment Required – families with students attending summer school will receive enrollment forms

Eau Claire Area Hmong Mutual  
Assistance Association, Inc.

June 17 - August 26 Call 715-832-8420  
Wednesdays from 12:00 pm - 4:00 pm

Eau Claire YMCA

June 19 - August 21 Call 715-836-8460 Enrollment Required

Hope United Methodist Church

June 16 - August 18 Call 715-835-5310 Tuesdays 5:30 - 7:00 pm

L.E. Phillips Memorial Public Library

June 29 - August 29 Call 715-839-5007 with signed permission slip  
Pickup available at Youth Services desk during regular library hours

Eau Claire Parks & Recreation  
River City Adventures

June 18 - July 30 Call 715-839-5032 Enrollment Required  
Sam Davey, Flynn, and Roosevelt playgrounds; Mitscher Park

The Community Table

June 19 - August 21 Call 715-835-4977  
Fridays from 4:00 pm - 6:15 pm

Boys & Girls Club

June 18 - August 21 Call 715-855-0081 Enrollment Required  
Thursdays and Fridays from 12:00 pm - 6:00 pm

# Summer Food and Fun!

2015

No need to sign up or apply for the program - just come and enjoy tasty & nutritious meals.

## Summer Food Service Program

Flynn, Lakeshore,  
Locust Lane, Longfellow,  
and Manz Elementary Schools

Serves 18 and under  
Monday - Thursday, July 27 - August 13  
Breakfast: 8:00 - 8:45  
Lunch: 11:45 - 12:15

Boys & Girls Club

Serves 18 and under  
201 E Lake St. Eau Claire, WI  
Monday, June 15 - Friday, August 21  
Monday - Friday  
Breakfast: 7:45 - 8:30  
Lunch: 12:00 - 1:00  
Snack: 2:45 - 3:30

## Other Free Food Opportunities for Summer

The Community Table

Serves all ages  
320 Putnam St. Eau Claire, WI  
Lunch: Mon, Wed, Thu, Sat 11:30-1:00  
Dinner: Tues & Fri 5:00 - 6:15, Sun 3:00 - 4:00

The Salvation Army

Serves 18 and under  
Altoona Pedersen Elementary Playground  
1827 Bartlett Ave. Altoona, WI  
June 15 - June 25, July 6 - July 23  
Bagged meals and snacks available to children for pick-up  
Mon, Tue, Wed, Thu 11:30 - 12:00

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