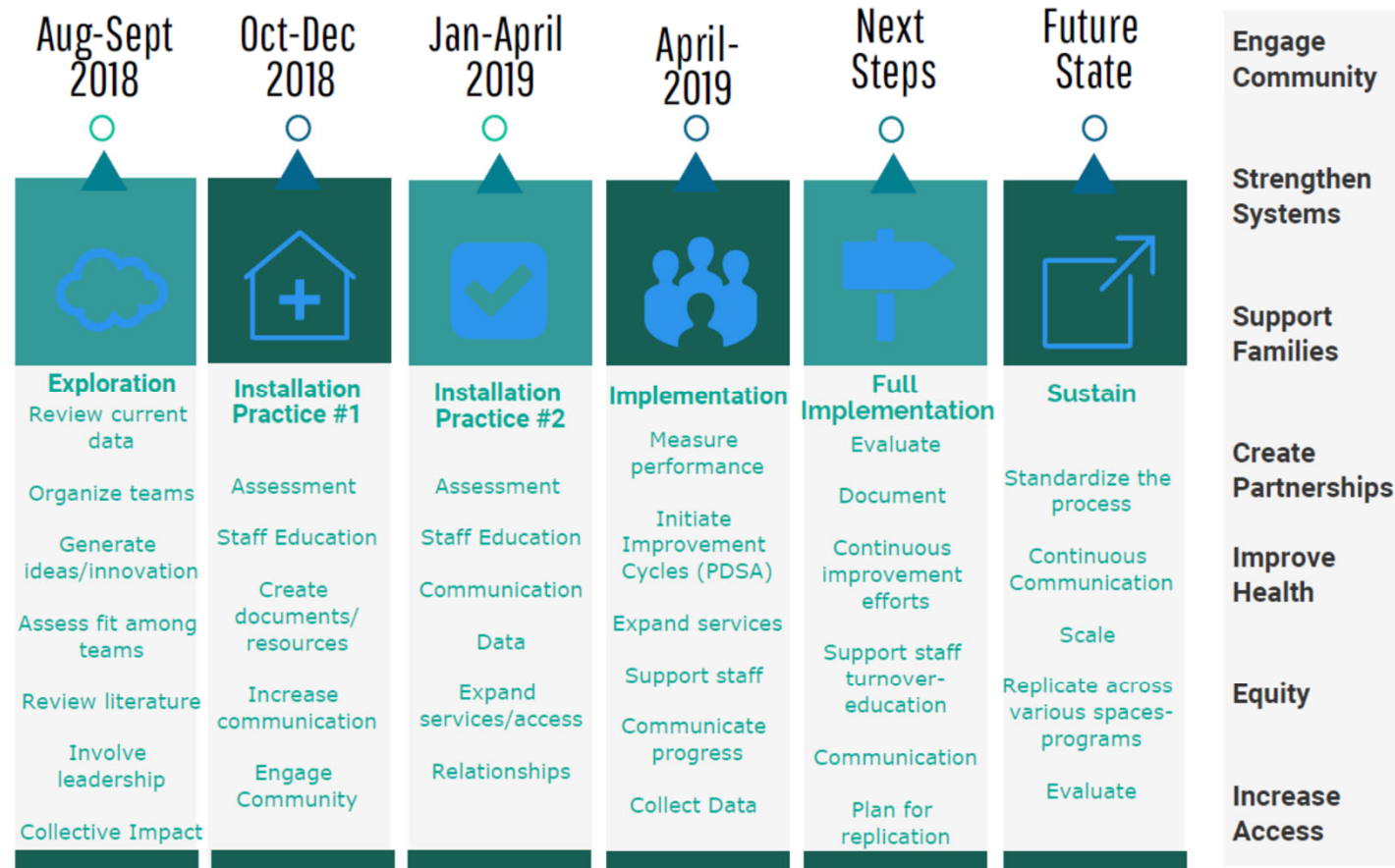


# Timeline

- Community stakeholder assessment
- Individual pediatric practice assessments
- Shared global & individualized specific aims
- Initiate PDSA cycles
- Support data collection & tracking
- Facilitate opportunities to collaborate and improve relationships/communication between programs who impact child health

## Strong Families Strong Starts Pediatric Clinic and Community Partnerships



## WHAT FOODS DOES WIC OFFER?\*

The WIC food package includes a variety of healthy options to help pave the way for a lifetime of nutritious eating.

 <p><b>BEANS</b></p>	 <p><b>WHOLE GRAINS</b></p>	 <p><b>FRUITS &amp; VEGETABLES</b></p>
 <p><b>CHEESE</b></p>	 <p><b>CEREAL</b></p>	 <p><b>EGGS</b></p>
 <p><b>CANNED FISH</b></p>	 <p><b>PEANUT BUTTER</b></p>	 <p><b>MILK</b></p>
 <p><b>100% FRUIT JUICE</b></p>	 <p><b>INFANT FORMULA</b></p>	 <p><b>INFANT CEREAL &amp; BABY FOOD</b></p>

\*Check your state for specific guidelines.

# MOM STRONG



EMPOWERING MOMS  
WITH FOOD, NUTRITION  
EDUCATION, AND MORE



# WIC's Nutrition Benefits include:



## **Nutrition Education**

- Personalized nutrition counseling
- Online nutrition resources
- Monthly classes on a wide-range of topics

## **Breastfeeding Support:**

- Helps you to meet your breastfeeding goals

## **Referrals to Health and Community**

- Connects you to prenatal or pediatric care, dental care, immunization and social services

## **Healthy Foods: providing a wide range of healthy foods**

- Monthly benefit to buy wholesome foods at the grocery store
- Summertime farmers' market coupons

## Behavioral Health Services



- MAT for SUD
- Perinatal psychiatry
- Group therapy
- Individual therapy
- Trauma-informed care
- IOP and OP

## Medical Services



- Prenatal care
- Women's health care
- Contraception
- Hepatitis C treatment
- Pediatric care
- Dental collaboration

## Supportive Services



- Peer support
- Case management
- Parenting classes
- Diaper bank
- Food shelf
- Playtime
- Health education
- WIC