

Marion County Public Health WIC Program

Monthly Clinic days and locations

Knoxville — 1st-4th Wednesday & 4th Friday 2003 N Lincoln 641-828-2238 option 4
Pella — 2nd Tuesday & 4th Thursday Pella Memorial Building 829 Broadway St 515-971-8254 *
Indianola — 1st & 3rd Mondays & Tuesdays & 4th Tuesday First United Methodist Church 307 W Ashland 515-962-0468 *
Carlisle — 2nd Monday Missionary Baptist Church 615 Highway 5 515-809-1058 *
Norwalk — 4th Monday New Life Lutheran Church 4380 Wakonda Dr 515-971-8254 *
Chariton — 1st & 2nd Wednesdays Church of the Nazarene 131 N 12th St 641-774-8665 *
Albia — 1st Thursday & 3rd Friday Trinity Methodist Church 1117 Benton Ave E 641-932-3179 *
Corydon — 3rd Thursday Corydon Events Center 112 W Jefferson 641-872-1815 *

*clinic phone only answered during these clinic days

WIC Bad Weather cancellation Policy

If schools are closed because of bad weather, WIC clinic is also closed. If clinic is in process when weather turns bad, the staff will make the decision whether to close early and the remaining appointments will be rescheduled. If in doubt, please call the WIC office before you come in to be sure we will be open.

Stores Accepting the eWIC card	
Marion County	Knoxville - *Hy-Vee 809 W Rock Island St (641)842-4717 *Walmart 814 W Bell Ave (641)828-7584 *Fareway 1308 S Lincoln St (641)842-5141 Pella - *Hy-Vee 118 SE 9th St (641)628-1590 *Walmart 1650 Washington St (641)628-9881 *Fareway 2010 Washington St (641)628-9995 Melcher - *D & S Grocery 104 SE A St (641)947-3111 Pleasantville - *Pleasantville Grocery 105 W Monroe St (515)848-5611 **Scan your card first & separate your WIC foods** Bussey - *Katy-Did's General Store 419 Merrill St (641)944-5423 **Scan your card first & separate your WIC foods**
Warren County	Carlisle - *Fareway 1115 Bluestem Dr (515)989-2083 Indianola - *Hy-Vee 910 N Jefferson St (515)961-5329 *Walmart 1500N Jefferson St (515)961-8955 *Fareway 1309 W 2nd St (515)961-5643 Norwalk - *Fareway 1711 Sunset Dr (515)981-4435
Lucas County	Chariton - *Hy-Vee 2001 W Court (641)774-5051
Monroe County	Albia - *Hy-Vee 301 Highway 34 W (641)932-7131 *Jim & Charlie's 121 N Clinton (641)932-5801
Wayne County	Corydon - *Hy-Vee 105 E Jackson St (641)872-1564 Humston - *Front Street Market 105 S Front St (641)877-6700 **Scan your card first & separate your WIC foods**



Marion County Public Health

WIC Program

2003 North Lincoln
Knoxville, Iowa 50138

641-828-2238

select option 4 for WIC

FAX 641-842-3442

WIC is a supplemental nutrition program for families with women who are pregnant or postpartum, infants, and children up to age 5.

WIC helps provide nutritious foods, information on healthy eating, breastfeeding support and referrals to health care and other programs.

For information and to schedule your appointment, please call our main office number:

641-828-2238 option 4



No more paper checks!

Your WIC benefits are now available with a convenient and easy to use eWIC card, redeemable at most local grocery stores. See the list on the back for more store information.

Welcome to Marion County Public Health WIC!!

MCPH WIC serves the following counties:
Marion, Monroe, Lucas, Warren, and Wayne

Many working families participate in WIC.
Qualifying individuals on Medicaid
or with a gross income less than the guidelines
listed below are eligible.

Family Size	Gross Annual Income	Gross Monthly Income
1	\$21,775	\$1,815
2	\$29,471	\$2,456
3	\$37,167	\$3,098
4	\$44,863	\$3,739
5	\$52,559	\$4,380

2015-2016 guidelines

Your eWIC benefits card can only be used at the approved WIC stores within our service area. These are listed on the back of this handout for your convenience.

Ask your WIC staff for any updates on the stores outside our agency service area that are accepting eWIC.

Looking for other assistance in your community?

There may be resources and programs available in your area for food assistance, heat assistance, household goods like diapers or clothes, immunizations, dentists, medical clinics, day care, mental health, medical insurance or legal needs. **Ask your WIC staff for referrals to other programs** in your area or you can also call United Way 2-1-1 Iowa for assistance in finding resources.

Just dial **2-1-1** on your phone and you will be connected with a person who can help you find more information.



Parents and caregivers who complete a nutrition education lesson on this site can print or email a certificate that can be used to count for nutrition education at local WIC agencies.

With the eWIC card in place, you now have the option to complete your nutrition education appointments **by phone**; by completing a nutrition lesson on wichealth.org and calling in to our office at your scheduled appointment time.

Ask your WIC staff for more information!

Some reminders about appointments...

Walk-ins or Late arrivals

Clients who walk-in for WIC without an appointment or participants who are more than 15 minutes late may have to reschedule their appointment. Appointments are limited and you are encouraged to call ahead if you think you might be late.



WIC Appointments and Illness

If you or your children are sick (vomiting, running a fever, etc.), **please don't bring them to WIC.** Call your WIC staff to reschedule and go over options that may be available for you to get WIC benefits for the month.



For more information on WIC and for a complete approved foods list, please visit <http://www.idph.iowa.gov/wic/families>

This institution is an equal opportunity provider.

Benefits of WIC

Nutrition Education



WIC Registered Dietitians and Registered Nurses will help you enroll in the program and help answer your questions about nutrition and keeping you and your family healthy.

Nutritious foods

WIC helps provide a supplemental amount of specific foods for women, infants and children who qualify.



WIC promotes and supports breastfeeding.

Ask your WIC staff about breastfeeding information, resources, and options for breast pumps.

Supplemental Formula

For infants requiring formula, WIC can help provide a supplemental amount of a standard cow milk-based or standard soy-based formula. *

* Some formulas may not be available or require a prescription; requiring there be a medical condition showing a need and documentation by your provider. All formulas are subject to contract and approval by the local agency within Federal and Iowa WIC guidelines. *