

The purpose of the WIC Program is spelled out in Section 17 (a) of Public Law 95-627 (Child Nutrition Amendments of 1978). *The Congress finds that substantial numbers of pregnant women, infants, and young children are at special risk in respect to their physical and mental health by reason of poor or inadequate nutrition or health care, or both. It is, therefore, the purpose of the program authorized by this section to provide supplemental nutritious foods and nutrition education as an adjunct to good health care during critical times of growth and development in order to prevent the occurrence of health problems and improve the health status of these persons.*

Nutrition education is the provision of information about nutrition (including breastfeeding), using methods, materials, and tools that are designed to enhance a participant's understanding of the importance of nutrition and physical activity, and its relationship to good health, to effect a desired change in behavior, or reinforce desired behaviors related to dietary habits or health practices. The goal of nutrition education is to empower participants to make choices that will have a positive impact on their health and nutrition status.

The WIC Food Package is a major benefit of the WIC Program. The foods available through WIC are foods containing nutrients determined to be beneficial for pregnant, breastfeeding, and postpartum women, infants and children.

<http://www.nutritionnc.com/wic/>

### **WIC CLINIC Hours:**

#### **Murphy Health Department Clinic**

228 Hilton Street  
Murphy NC 28906  
828-837-1244  
Monday, Tuesday, Wednesday, Friday 8am -5pm  
Thursday 8am-12pm, & 1pm-5pm

#### **Andrews Health Center Clinic**

15 High School Drive  
Andrews, NC 28901  
828-835-4536  
Thursday 9am-12pm, & 1pm-4pm

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*To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at:*

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*by:*

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;*
- (2) fax: (202) 690-7442; or*
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)*

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