

## **WIC Program Goals:**

The WIC Program is working to achieve the Cherokee Nation goals for Healthy, Happy Families by improving the nutritional status of our people and the Healthy People 2020 which states:

'Improving the well-being of mothers, infants, and children is an important public health goal for the United States. Their well-being determines the health of the next generation and can help predict future and public health challenges for families, communities, and health care system. The objectives of the Maternal, Infant, and Child Health topic area address a wide range of conditions, health behaviors, and health systems indicators that affect the health, wellness, and quality of life of women, children, and families.'

You can participate in Cherokee Nation WIC if you live in the Cherokee Nation WIC service area; have a nutritional need (WIC staff can help you determine this need during visit); are a child under 5, or a pregnant or breastfeeding woman, or woman who has recently been pregnant (less than 6 months since pregnancy ended); and have a family income less than WIC guidelines; currently receive SNAP (Food Stamps), SoonerCare, Food Distribution (FDPIR) or TANF (you are automatically income eligible).