

FOR IMMEDIATE RELEASE

Pulaski County Health Center announces continued WIC contract.

WAYNESVILLE MO – The Pulaski County Health Center announces a contract continuance to provide WIC services for federal fiscal year 2026 has been signed with the Missouri Department of Health and Senior Services.

Women, Infants and Children (WIC) is a special supplemental nutrition program providing services to pregnant women, new mothers, infants and children up to their 5th birthday based on nutritional risk and income eligibility. The primary services provided are healthy, supplemental food, risk assessment, nutrition education and counseling, breastfeeding promotion and support, health screening and referrals to health care. To be eligible for WIC, applicants must have an income of less than or equal to 185% of the poverty level and be at nutritional risk. Migrant families are also eligible.

WIC supplemental food packages are specially chosen to provide foods high in protein, iron, calcium, and vitamins A and C. Eligible women and children receive fortified milk and cheese, eggs, whole grain bread products, hot or cold cereals, 100% fruit juices, and fresh or frozen fruits and vegetables. The WIC program recommends breastfeeding, provides breastfeeding support, baby foods, and infant cereal. For women who cannot or choose not to breastfeed, infants may receive supplemental, iron fortified formula. WIC participants obtain their foods by using their eWIC cards for specific items at participating local grocery stores and pharmacies.

Studies confirm that pregnant women who enroll in WIC during the early months of pregnancy have fewer low birth weight babies, experience fewer infant deaths, see the doctor earlier in pregnancy and eat healthier.

WIC is administered in Pulaski County by the Pulaski County Health Center. Persons interested in applying or who are in need of more information should contact the Pulaski County Health Center at 573-774-3115. WIC clinics are offered at 104 Ashley May Street in Waynesville, Monday – Thursday from 7:30 am – 4:30 pm.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form->

[0508-0002-508-11-28-17Fax2Mail.pdf](#), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410; or

fax: (833) 256-1665 or (202) 690-7442; or

email: program.intake@usda.gov

This institution is an equal opportunity provider.

Attached: Missouri WIC Income Guidelines

Missouri WIC Income Guidelines—June 1, 2025
Guidelines reflect gross (pre-tax) income.

Family Size	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$28,953	\$2,413	\$1,207	\$1,114	\$557
2	\$39,128	\$3,261	\$1,631	\$1,505	\$753
3	\$49,303	\$4,109	\$2,055	\$1,897	\$949
4	\$59,478	\$4,957	\$2,479	\$2,288	\$1,144
5	\$69,653	\$5,805	\$2,903	\$2,679	\$1,340
6	\$79,828	\$6,653	\$3,327	\$3,071	\$1,536
7	\$90,003	\$7,501	\$3,751	\$3,462	\$1,731
8	\$100,178	\$8,349	\$4,175	\$3,853	\$1,927
9	\$110,353	\$9,197	\$4,599	\$4,245	\$2,123
10	\$120,528	\$10,044	\$5,022	\$4,636	\$2,318
11	\$130,703	\$10,892	\$5,446	\$5,028	\$2,514
12	\$140,878	\$11,740	\$5,870	\$5,419	\$2,710
13	\$151,053	\$12,588	\$6,294	\$5,810	\$2,905

Family Size	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
14	\$161,228	\$13,436	\$6,718	\$6,202	\$3,101
15	\$171,403	\$14,284	\$7,142	\$6,593	\$3,297
16	\$181,578	\$15,132	\$7,566	\$6,984	\$3,492
Each additional family member	Plus \$10,175	Plus \$848	Plus \$424	Plus \$392	Plus \$196

Income guidelines are based on 185% of the poverty level.
This institution is an equal opportunity provider.