

Introducing the CNAP



Good Nutrition + Exercise =
Healthy Bodies + Active Minds

In August 2006 organizations whose programs are funded by the U.S. Department of Agriculture (USDA) came together to create a County Nutrition Action Plan (CNAP) Workgroup, to improve:

- Access to food resources for low income San Francisco residents
- Referrals to each other's programs

Who is part of CNAP?

Members include (in alphabetical order):



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- 211 Line in San Francisco
- Children's Council of San Francisco
- Feeling Good Project, SF Department of Public Health
- Food Stamp Program
- Next Course
- Nutrition Education Project, School Health Programs Department (SFUSD)
- San Francisco Department of Aging and Adult Services
- San Francisco Food Bank
- San Francisco Head Start
- San Francisco WIC Program
- Student Nutrition Services, San Francisco Unified School District (SFUSD)
- Summer Food Service Program, Department of Children, Youth and their Families (DCYF)
- University of California Cooperative Extension
- Urban Sprouts
- Wu Yee Children's Services

What is CNAP doing?



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Our Projects include developing:

- A Staff training to educate different programs on where they can refer their clients
- A brochure to assist in referring clients to different food assistance and nutrition education programs
- Unified nutrition education messages we can share with our clients

Our Tagline is...



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=

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Our Logo...



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San Francisco
Women, Infants & Children
Supplemental Nutrition Program



What is WIC?

- Nutrition education
- Breastfeeding support and education from breastfeeding specialists who are available to assist with breastfeeding related issues
- Supplemental food (such as milk, cheese, cereals, eggs and juice)
- Referral to health care and community services



What are the goals of WIC?



- Reduce complications of pregnancy
- Decrease the prevalence of low birth weight infants
- Reduce iron deficiency anemia in women, infants and children
- Promote optimum growth and development of infants and young children
- Promote and support breastfeeding



Who does WIC serve?



Nationwide

- Over 8.3 million participants
- Approximately one third of all pregnant women in the US are enrolled in WIC
- Approximately 47% of all infants born in the US are enrolled in WIC
- 25% of all children in the US are enrolled in WIC

Who is eligible?

- Pregnant, breastfeeding or postpartum women, infants and children under 5 years of age
- Live or work in San Francisco
- Meet Federal Income Guidelines, 185% of Federal Poverty Levels. ***Working families may qualify!***



San Francisco WIC Clinics



- San Francisco General Hospital
- Silver Avenue Family Health Center
- Chinatown Public Health Center
- Ocean-Park Health Center
- Southeast Health Center

WIC Program Contact Information



To learn more about how to enroll or for more information, please call the San Francisco WIC Program at: **(415) 575-5788** OR

Visit our website at:

www.sfdph.org/PHP/wic_program.htm

