

Title of Project: WIC Food Centers and Nutrition Education

Agency Name: Illinois Department of Human Services

State: Illinois

Key Words: Food Centers, cooking demonstrations

Description of Project:

WIC Food Centers were established in the city of Chicago to provide direct delivery of supplemental foods to WIC customers in a setting similar to a neighborhood grocery store. The Centers are currently operating at 17 locations and over 60,000 WIC customers utilize the Centers. The Food Centers include full demonstration kitchens which are available for nutrition education. WIC Clinic Nutrition staff schedule customers for their secondary education session, and this information is shared with the WIC Food Center Nutrition staff. The sessions always include food demonstrations. Recipes, handouts and food tasting are incorporated in the sessions.

Results of Project:

Providing nutrition education at the Food Centers has been well received. Evaluation is an integral part of each session at the Food Centers. Feedback from both clinic staff and WIC customers is used when planning future nutrition education sessions.

Contact Person:

Penny Roth
IL Department of Human Services
535 West Jefferson
Springfield; IL 62702
Phone 217/524-3353
Fax 217/785-5247
E-mail: dhshpat@dhs.state.il.us