



**NUTRITION PROGRAM** — Mrs. Rosa Gracian of Merced holds her eight-day-old daughter, Rosa Maria, as Mrs. Pat Datrey tells her about the local nutrition program for mothers and infants. Rosa Maria is the 1,000th person to join the program, paid for by the federal government at the Merced Family Health Center. (Sun-Star Photo)

## Mother Is Enthusiastic About Nutrition Program

The mother of the 1,000th participant in the local Women, Infants and Children nutrition program is enthusiastic about the plan.

Mrs. Rosa Gracian said she went to the Merced Family Health Center while pregnant because a friend told her it

would cost less than the private doctor she was seeing. The center enrolled her in the federal program and gave her \$25 to \$30 a month in coupons which could be used only for nutritious food such as milk, cheese, grains, juices and eggs, she said. Each visit to the clinic cost her \$2 or \$3.

She also attended the program's classes on nutrition to learn what to feed children and what not to feed them. As little sweets as possible should be given because they contain no nutrition and damage teeth, she said.

Now she also has signed up her one-and-a-half-year-old child and her newborn daughter for the program. The baby is the 1,000th participant in the program's two years, said center director Mike Sullivan.

The program is open to pregnant women, nursing mothers up to 12 months after birth, other mothers up to six months after childbirth, and children to age four.

They must be receiving health care, meet certain income requirements and have special need for the program foods.

The clinic also provides other types of health care. Most of its clients are poor.

"It seems a very good thing," Mrs. Gracian said of the program. "I'm very happy with the clinic's plan."

# Nutrition Program Is OK'd Here

Lesh News Service

SACRAMENTO — The Merced Family and Health Center is one of 17 applicants for federal funds to support special nutritional programs in California to have its application approved.

The center is in line to receive an estimated budget of \$22,200 out of the \$2.1 million in grants for the special supplemental food program for women, infants and children.

The program is designed to provide potentially undernourished persons in California with highly nutritious food, according to the California Health and Welfare Agency.

The funds are available locally from the state through a U.S. Agriculture Department Food and Nutrition Service grant. About \$40 million is expected to be made available nationwide.

The foods are intended to supplement the regular diet of participants, not to be a complete diet in themselves.

Pregnant or nursing women, infants and children younger than four can receive food supplements if they live in approved low-income areas served by an approved health clinic, are eligible for reduced-cost medical treatment from that clinic and are determined by the clinic professionals to need the supplemental foods.

Children younger than four and mothers will receive cheese, milk, eggs, cereals high in iron and juices high in vitamin C.

Infants will receive baby cereal fortified with iron, formulas fortified with iron and juices high in vitamin C.

A major objective of the national program is the collection and evaluation of the data that will identify the benefits of the special supplements.