



Jackson County Department of Public Health

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FOR IMMEDIATE RELEASE
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Calling all mom's enrolled in the Jackson County WIC program.....

The Jackson County WIC Department is hosting a WIC foods recipe contest!! Do you have a favorite meal or snack that includes WIC approved? Enter your recipe into the "WIC Foods Recipe Contest" for your chance to win a cash prize of \$100! The employees of the Jackson County WIC department will be preparing and judging the top recipes!

Contest Rules:

- Must be enrolled in the Jackson County WIC program
- Recipe must include two (2) WIC approved foods
- Recipe must follow heart healthy guidelines (*see guidelines below)

Submission Due: October 7th, 2022

Winner Announced: October 14th, 2022

For more details on how to enter call JCDPH WIC Office at (828) 587-8243

*Heart Healthy Guidelines (per serving): total fat: < 6.5 grams, saturated Fat: trans Fat: < 0.5 grams, sodium: < 240 mg



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