



NEWS

ANTELOPE VALLEY'S
HEALTHCARE
NEWS RESOURCE

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WOMEN, INFANTS AND CHILDREN PROGRAM THROUGH ANTELOPE VALLEY HOSPITAL HOSTS OPEN HOUSE TO ANNOUNCE FOOD ENHANCEMENTS

(LANCASTER, CA – February 1, 2010) — The Women, Infants and Children (WIC) program through Antelope Valley Hospital (AVH) hosted two open houses recently to announce new foods offered by the federally-funded program. The WIC program was introduced in 1974 to assist working poor and unemployed families with young children with their nutritional needs.

“This is the first time since 1974 that the foods offered by WIC have been evaluated and improved,” says Pamela Stanley, a registered dietician and Director of the WIC program for AVH. “The WIC program offers a safe and comfortable environment for expectant and new mothers to receive education about nutrition for their families.”

New foods offered by WIC include fresh, frozen and canned fruits and vegetables, whole wheat foods, soy milk and tofu products. These new foods were introduced to help with over nourishment that has developed since the program began. Breastfeeding education and support are also offered by WIC at its locations in Lancaster and Palmdale. A third location is slated to open in Palmdale in February of this year.

Dawn Bower is an Internationally Board Certified Lactation Consultant (IBCLC) for the WIC program in Lancaster. She was a recipient of WIC assistance 15 years

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AVH / WIC Program Enhancements

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ago. Dawn was hired by WIC in 2006 and trained through the UCLA Lactation Education Program as a Lactation Educator. Three years later Dawn went on to pass the examination for the IBCLC. “WIC provided me with education, support and camaraderie when I needed it most. It was great to have a breast-feeding support group I could count on that shared my values.” Dawn’s role as a Lactation Consultant allows her to work with new mothers at AVH where she helps and encourages them with their breast-feeding needs.

“The WIC program makes a positive difference in Antelope Valley families by offering education, support and healthy food options for those who need assistance,” says Edward Mirzabegian, AVH Chief Executive Officer.

About Antelope Valley Hospital

Celebrating more than 50 years of caring for the community, Antelope Valley Hospital, a facility of Antelope Valley Healthcare District, is a non-profit, 420-bed hospital that was founded in 1955. The hospital is dedicated to providing quality care and services to everyone in the Antelope Valley. AV Hospital is located at 1600 West Avenue J in Lancaster, California. For further information, please visit www.avhospital.org or call (661) 949-5000.

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