

Everyone Needs Help Sometimes

Marchiondia McCaskill

I never really knew anything about the WIC system until I became pregnant with my son. My godsister told me about the program. I went to every appointment that they had for me. The appointments were important to me because they taught me about motherhood. The staff also gave me pamphlets and other resources to learn about my new baby. WIC gave me checks so I could get healthy foods, and I was grateful for that. If I didn't have WIC, I'm not sure we would have had the healthy things we needed. It is important to eat healthy, not only for yourself, but also for your unborn child.

As I was getting close to my third trimester, I discovered something horrifying: I miscarried my son. I didn't call the WIC office to let them know; I just stopped going. I thought my world was going to end! However, God blessed me with a beautiful daughter, and I'm just thankful for my little blessing each and every day.

So, I went back up to the WIC office, and ever since then I've been getting help from the women at the program. There are mothers out here, like myself, that just need a little help. WIC provides just that – enough help so that you can make sure your children

have everything they need, like baby food and milk. I'm really thankful that they can be here to help you in your time of need.

If I was to rate this program, I would give it a 100% approval rating. I would recommend that

all of the mothers out there who need help join the WIC program. Everyone needs help sometimes. If I did it, then you can, too.



Marchiondia McCaskill is 22 years old and the mother of a beautiful baby girl named Heaven. She attends a GED program at Learn to Read in Jacksonville, FL, where she gets help from an amazing woman named Ms. Sherri.

What is WIC?

Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a federal program that gives money to states so that they can provide food, health referrals, and nutrition education to women and their children.

True or False?

Read the box on the next page. Circle T (true) or F (false) for the following questions:

Hunger in the U.S. is caused by a scarcity of food.	T or F
Nearly half of the people enrolled in SNAP are children.	T or F
All the children who receive free or reduced price lunch at school also get free meals during the summer.	T or F
There are some counties in the U.S. where people are not food insecure.	T or F
About 20% of homes with children are food insecure.	T or F

Agree or Disagree?

The author says, "Everyone needs help sometimes." Do you agree or disagree? Explain and discuss.