

# Healthy Choices for You and Your Family

## Domestic Violence

Worried about someone? Here are some things you should know. Domestic violence is a pattern of behavior used to gain power and control over another person. It uses threats and violence.

Domestic violence can include many kinds of abuse. It is not just hitting. It is never the victim's fault. For help, call 1-505-827-4591. Or call 1-800-799-7233 (24 hours). Or visit [cyfd.org/domestic-violence](http://cyfd.org/domestic-violence).

**Substance Abuse** Alcohol, drugs, and tobacco can harm you. They can harm your baby. **No amount of alcohol, tobacco or drugs is safe to use during pregnancy!**

If you need help quitting, call for assistance & information at 1-800-784-6776 for drugs & alcohol or 1-800-784-8669

## Public Health Immunization Program

Love me. Protect me. Immunize me. Those without insurance may visit a Public Health Office. There they can get immunizations at no cost.

We urge insured patients to see their child's physician for any needed immunizations.

To find a Public Health Office near you, call 1-866-681-5872 or visit [www.immunizenm.org](http://www.immunizenm.org)



**Children's Medical Services (CMS)** program provides services for the prevention, diagnosis, and treatment of disabling conditions in children. It is a statewide program. It is part of the Department of Health, Public Health Division. CMS serves children from birth to 21 months. It is for those with chronic illnesses or medical conditions that require surgical or medical treatment. Call 1-877-890-4692.

**Families Infant Toddler (FIT)** program offers early intervention services to infants and toddlers. It is for those who have or are at risk for delays in development. For children from birth to 3 years old. Call 1-877-696-1472

## Breastfeeding is a gift only mothers can give

Breastfeeding is best because it:

- Helps moms and babies bond.
- Is the perfect food for babies.
- Is always warm and ready to feed.
- Is easy for babies to digest. This leads to less spitting up.
- Protects babies against infections and allergies.
- May help lower the risk of Sudden Infant Death Syndrome (SIDS).
- Causes less diarrhea and constipation.

If you are breastfeeding, good for you and your baby!

Continue to breastfeed as long as both you and your baby want. It is best to breastfeed at least until the first birthday.

If you are not breastfeeding, think about it if you have another baby. Ask your WIC staff for more information about breastfeeding.



## Staying Healthy For Another Pregnancy

Are you thinking about another pregnancy? It is important to take care of your body now. Keep to a healthy diet and active lifestyle. Also take a Multi-vitamin that includes 400 micrograms of folic acid. This is a B vitamin that every cell in your body needs. It promotes normal growth and development.



It is especially important during early pregnancy, even the first few days, to help reduce the risk of birth defects of the brain and spine.

Folic acid is also found in the same New Mexico favorites listed in Choose a Healthy Diet for an Active Lifestyle. It's also noted in your WIC benefits. Plan to go on using the foods you got on WIC. These include enriched cereals and whole grains, citrus fruits, green leafy vegetables, beans, lentils, and peanut butter. These foods help you absorb folic acid.

## New Mexico Health Care and Social Service Programs



NEW MEXICO  
DEPARTMENT OF  
HEALTH

NEW MEXICO  
**WIC**

The New Mexico Women, Infants and Children (WIC) Program is a federally funded program. It provides **FREE healthy foods, nutrition education, breastfeeding support, and referrals**. These are for **pregnant, breastfeeding, and postpartum women, infants** birth to 1 year, and **children** from 1-5 years of age.

1-866-867-3124  [www.nmwic.org](http://www.nmwic.org)

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## Temporary Assistance For Needy Families (TANF)

The Human Services Department (HSD) helps families know if they can get cash assistance. This monthly cash-assistance benefit should be used to meet family needs such as housing, utilities, and clothing costs. Children who get TANF may also be eligible for SNAP and Centennial Care. You can apply for TANF at your local Income Support Division (ISD). Or apply online at [www.yes.state.nm.us/yesnm/home/index](http://www.yes.state.nm.us/yesnm/home/index). For more information call 1-800-283-4465.

In order to qualify you must:

- Live in New Mexico.
- Have dependent children.
- Children must be citizens or have eligible alien status.
- Children must be age 18 or younger. Or if 19, they must be a full-time student expected to graduate before the end of the month in which they turn 20.
- The household monthly income must be less than 85% of federal poverty level.

## Supplemental Security Income Program (SSI)

This is a cash-assistance program for those 65 or older. It is also for disabled or blind people of any age who do not own much and have little income.

You may qualify for SSI if you:

- Are a U.S. citizen or legal immigrant.
- Have a low income and few resources.
- Are determined blind or disabled by a Social Security Office.

Children who receive SSI payments are eligible for Centennial Care and SNAP. Call 1-800-772-1213 for an appointment.



## Food Programs for Adults and Children

CYFD's Child and Adult Care Food Program (CACFP) gives reimbursement to child-care providers for nutritious meals and snacks served to primarily low-income children in child-care settings. Settings include child-care centers, head-start programs, family-child-care homes, after-school programs, and emergency shelters. Adult-day-care centers that are licensed and provide care to adults in non-residential settings are also reimbursed for the eligible meals they provide.

The Family Nutrition Bureau (FNB) also runs the Summer Food Service Program (SFSP). This gives nutritious meals to children during the summer when school is not in session. For CYFD's Family Nutrition program, please call (505) 841-4856 (in Albuquerque). Call (505) 827-9961 (in Santa Fe). Call 1-800-832-1321 from anywhere. Public Education Department (PED) Seamless Summer Option (SSO) pays for meals for children and youth up to the age of 18.

For PED-SSO Summer Meals information and to find a Summer Food meal site near you, call 1-800-EAT-COOL, or visit [SummerFoodNM.org](http://SummerFoodNM.org).

## Centennial Care

The New Mexico Centennial Care Program may help to pay for medical care and related services for eligible children and their parents. It is for pregnant women and persons age 65 or older. It is for the blind or disabled. It's for those who get SSI or TANF. If you qualify for Centennial Care, you may get WIC too. For information call 1-888-997-2583.

## Commodity Supplemental Food Program (CSFP)



Individuals must reside within the service area of the local agency at the time of application. They must provide proof of address. Seniors may also qualify for other programs. For more information, call (505) 841-2693

CSFP distributes a nutritious food package monthly to people 60 years of age and older who qualify based on 130% of the Federal Poverty Income guidelines

## Supplemental Nutrition Assistance Program (SNAP)

SNAP (formerly called food stamps) allows low-income people to buy healthy foods and still have enough money to pay their other bills. In New Mexico, to qualify: SNAP is for U.S. citizens and eligible noncitizens who buy food and prepare meals to eat at home. People living in certain group living situations are also eligible. For assistance call 1-800-283-4465 or apply online at <https://www.yes.state.nm.us/yesnm/home/index>.

*\*\*This institution is an equal opportunity provider.*

Flesch-Kincaid grade level: 5.6



## The Emergency Food Assistance Program (TEFAP)

TEFAP provides a monthly food package to eligible persons. Food items may be different each time.

You may receive the food package if you meet one of the following criteria:

- Have a low income.
- Everyone in your household receives SNAP.
- Receive Supplemental Security Income (SSI).
- Household receives TANF or general assistance.
- Have a child in the household that receives free or reduced school lunch.

## For Pregnant Women

Centennial Care offers pregnancy-related coverage. This includes pre- and post-natal care. This is for uninsured pregnant women who are eligible due to income. It also covers those who have insurance that does not include maternity care. For information call 1-888-997-2583.



## Child Care Resource and Referral

A centralized child-care resource and referral service for parents searching for quality child care is available online or by calling 1-800-691-9067. The website [www.NewMexicokids.org](http://www.NewMexicokids.org) gives parents the chance to search for child care in their area. They can search based on what matters to them. Parents can call the toll-free number and speak to a child-care and development specialist. The specialist can help them find child care. They can give referrals to community-based services based on specialized needs. For more specialized programs, visit [www.nmhealth.org](http://www.nmhealth.org).

## Child Support Enforcement Program

By law, a child's absent parent is required to provide financial support. This program can help locate a missing parent. It can establish paternity and legally enforce payment. If paternity is established, contact the Office of the District Attorney. That is listed in the blue pages under local government. For help, call 1-800-288-7207.