

Appointment Contacts

Policy

USDA Federal Regulations:

(iii) A list of the names and addresses of all local agencies.

Authority

USDA Federal Regulations: 7 CFR Part 246.4 (a)(5)(iii)

Procedure

The table on the following pages provide phone numbers for each county that applicants can call to make clinic appointments. The numbers may be for an agency located in the county or for the main WIC agency in another county. The last page contains a map of all local WIC agencies.

These numbers may be useful to provide participants with information as they move to another county in Iowa.

Note: Office hours may vary from those listed, due to scheduling changes.

Local WIC agencies must notify the state WIC office of changes in hours.

County	Agency	Phone Numbers	Location	Office Hours
Adair	37	(641) 202-7114 Cell (641) 344-6013 Cell (641) 344-6018	MATURA Action Corporation WIC Main Office: Creston	M-Th 8 am - 4:30 pm
Adams	37	(641) 202-7114 Cell: (641) 344-6013 Cell: (641) 344-6018	MATURA Action Corporation WIC Main Office: Creston	M-Th 8 am - 4:30 pm
Allamakee	42	1-888-836-7867 (563) 245-1145 (563) 880-0941 (Cell)	Visiting Nurse Association – Clayton County	M-Th 8 am – 4:30 pm
Appanoose	46	1-800-452-1098 (641) 682-8784	American Home Finding WIC	M, T, 2 nd & 3 rd Th - 8 am – 4:30 pm W & 1 st and 4 th Th - 8:00 am – 6:30 pm F 8 am - 4:30 pm
Audubon	33	1-800-642-6330 Cell: 712-830-1329	New Opportunities WIC	M-F 8 am - 4:30 pm

County	Agency	Phone Numbers	Location	Office Hours
Benton	34	1-800-205-0676 (319) 366-7875 (319) 366-7632	HACAP – WIC Main Urban Office	M-F 8 am - 4:30 pm, except 2 nd and 4 th W - 10 am – 6:30 pm
Black Hawk	43	(319) 291-2065	Operation Threshold WIC Main Office—Waterloo	M-Th 7:30 am - 6:00 pm
Boone	38	641-752-7162	Mid-Iowa Community Action WIC (Ames)	M - Th 8:30 am – 4:30 pm F - 8:00 am – 4:00 pm
Bremer	43	(319) 291-2065	Operation Threshold WIC Main Office—Waterloo	M-Th - 7:30 am - 6:00 pm
Buchanan	43	(319) 291-2065	Operation Threshold WIC Main Office—Waterloo	M-Th - 7:30 am - 6:00 pm
Buena Vista	33	1-800-642-6330 Cell: 712-830-1329	New Opportunities WIC	M-F - 8 am - 4:30 pm
Butler	41	1-800-657-5856 (641) 423-5044 Ext 315	North Iowa Community Action WIC Main Office	M - 7:30 am – 6:00 pm T, W, Th, F - 7:30 am – 4:30 pm
Calhoun	50	(712) 297-8323 (515) 574-3802 1-800-510-7756	Webster County Public Health Calhoun County Public Health	M-F – 8:30 am - 4:30 pm
Carroll	33	1-800-642-6330 Cell: 712-830-1329	New Opportunities WIC	M-F - 8 am - 4:30 pm

County	Agency	Phone Numbers	Location	Office Hours
Cass	52	(712) 328-5886 1-800-338-4129	Pottawattamie County WIC	M – F 8 AM-4:30 PM Clinic Hours: Second & Fourth Tuesday 9 AM – 4 PM
Cedar	54	(563) 336-3000 (563)-243-9329	Community Health Care, Inc. (Hillcrest Family Services)	T, W, Th, F - 8 am - 4:30 pm M - 9:30 am - 6:00 pm
Cerro Gordo	41	1-800-657-5856 (641) 423-5044 Ext 315	North IA Community Action WIC Main Office	M - 7:30 am – 6:00 pm T, W, Th, F - 7:30 am – 4:30 pm
Cherokee	39	1-800-859-2025 (712) 786-3478 Cell: (712) 260- 7181	Mid-Sioux Opportunity WIC, Remsen Outreach Office, Cherokee	M – F - 8:00 am – 4:30 pm
Chickasaw	42	1-888-836-7867 (563) 245-1145 (563) 880-0941 (Cell)	Visiting Nurse Association – Clayton County	M-Th - 8 am – 4:30 pm
Clarke	37	(641) 202-7114 Cell: (641) 344- 6013 Cell: (641) 344- 6018	MATURA Action Corporation WIC Main Office: Creston	M-Th - 8 am - 4:30 pm

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Clay	39	1-800-859-2025 (712) 786-3478 Cell: (712) 260-7181	Mid-Sioux Opportunity WIC, Spencer Outreach Office, Cherokee	M – F - 8:00 am – 4:30 pm
Clayton	42	1-888-836-7867 (563) 245-1145 (563) 880-0941 (Cell)	Visiting Nurse Association – Clayton County	M-Th - 8 am – 4:30 pm
Clinton	54	(563) 336-3000 563-243-9329	Community Health Care, Inc. (Hillcrest Family Services)	T, W, Th, F - 8 am - 4:30 pm M - 9:30 am - 6:00 pm
Crawford	33	1-800-642-6330 Cell: 712-830-1329	New Opportunities WIC	M-F - 8 am - 4:30 pm
Dallas	31	(515) 282-5800	Broadlawns Medical Center	M – Th - 7:30 am – 6:00 pm F - 8 am - 4:30 pm
Davis	46	1-800-452-1098 (641) 682-8784	American Home Finding WIC	M, T, 2 nd & 3 rd Th - 8 am – 4:30 pm W & 1 st and 4 th Th - 8:00 am – 6:30 pm F - 8 am - 4:30 pm

County	Agency	Phone Numbers	Location	Office Hours
Decatur	37	(641) 202-7114 Cell: (641) 344-6013 Cell: (641) 344-6018	MATURA Action Corporation WIC Main Office: Creston	M-Th - 8 am - 4:30 pm
Delaware	42	(563) 556-6200 1-800-862-6133	Visiting Nurse Association – Clayton County	M-Th - 8 am – 4:30 pm
Des Moines	45	(319) 753-0193	Community Action of Southeast Iowa	M-F- 8:30 am - 5 pm
Dickinson	39	1-800-859-2025 (712) 786-3478 Cell: (712) 260-7181	Mid-Sioux Opportunity WIC, Spencer Outreach Office, Cherokee	M – F - 8:00 am – 4:30 pm
Dubuque	42	(563) 556-6200 1-800-862-6133	Visiting Nurse Association – Clayton County	M-Th - 8 am – 4:30 pm
Emmet	39	1-800-859-2025 (712) 786-3478 Cell: (712) 260-7181	Mid-Sioux Opportunity WIC, Spencer Outreach Office, Cherokee	M – F - 8:00 am – 4:30 pm
Fayette	42	1-888-836-7867 (563) 245-1145 (563) 880-0941 (Cell)	Visiting Nurse Association – Clayton County	M-Th - 8 am – 4:30 pm

County	Agency	Phone Numbers	Location	Office Hours
Floyd	41	1-800-657-5856 (641) 423-5044 Ext 315	North Iowa Community Action WIC Main Office	M - 7:30 am – 6:00 pm T, W, Th, F - 7:30 am – 4:30 pm
Franklin	41	1-800-657-5856 (641) 423-5044 Ext 315	North Iowa Community Action WIC Main Office	M - 7:30 am – 6:00 pm T, W, Th, F - 7:30 am – 4:30 pm
Fremont	37	(641) 202-7114 Cell: (641) 344-6013 Cell: (641) 344-6018	MATURA Action Corporation WIC Main Office: Creston	M-Th - 8 am - 4:30 pm
Greene	33	1-800-642-6330 Cell: 712-830-1329	New Opportunities WIC	M-F - 8 am - 4:30 pm
Grundy	43	(319) 291-2065	Operation Threshold WIC Main Office—Waterloo	M-Th - 7:30 am - 6:00 pm
Guthrie	33	1-800-642-6330 Cell: 712-830-1329	New Opportunities WIC	M-F - 8 am - 4:30 pm
Hamilton	50	(515) 832-9565 (515) 574-3802 1-800-510-7756	Webster County Public Health Hamilton County Public Health	M-F - 8 am - 4:30 pm

County	Agency	Phone Numbers	Location	Office Hours
Hancock	41	1-800-657-5856 (641) 423-5044 Ext 315	North Iowa Community Action WIC Main Office	M - 7:30 am – 6:00 pm T, W, Th, F - 7:30 am – 4:30 pm
Hardin	50	1-800-510-7756 (515) 574-3802	Webster County Public Health	M-F - 8 am - 4: 30 pm
Harrison	52	(712) 328-5886 1-800-338-4129	Pottawattamie County WIC	M – F 8 AM-4:30 PM Clinic Hours: Second & Fourth Wednesday 9 AM – 4 PM
Henry	45	(319) 753-0193 1-877-854-5640	Community Action of Southeast Iowa	M-F- 8:30 am - 5 pm
Howard	42	1-888-836-7867 (563) 245-1145 (563) 880-0941Cell	Visiting Nurse Association – Clayton County	M-Th - 8 am – 4:30 pm
Humboldt	50	(515) 332-4200 (515) 574-3802 1-800-510-7756	Webster County Public Health Humboldt County Public Health	M-F - 8 am-4:30 pm
Ida	49	(712) 279-6636 1-800-587-3005	Siouxland WIC	M, T, 2 nd and 4 th W, Th, F - 8 am - 4:30 pm 1 st and 3 rd W - 8 am – 5:30 pm 2 nd Sat 9 am -12 pm
Iowa	34	319-356-6042	HACAP (Johnson County Public Health)	M and W - 7:45 am – 6pm TH - 7:45 am – 4:30 pm F - 1:00 pm – 4:30 pm

County	Agency	Phone Numbers	Location	Office Hours
Jackson	54	(563) 336-3000 563-243-9329	Community Health Care, Inc. (Hillcrest Family Services)	T, W, Th, F - 8 am - 4:30 pm M - 9:30 am - 6:00 pm M - 9:30 am - 6:00 pm
Jasper	38	641-752-7162	Mid-Iowa Community Action WIC	M-Th - 8:30 am - 4:30 pm F - 8 am – 4 pm
Jefferson	46	1-800-452-1098 (641) 682-8784	American Home Finding WIC	M, T, 2 nd & 3 rd Th - 8 am – 4:30 pm W & 1 st and 4 th Th - 8:00 am – 6:30 pm F - 8 am - 4:30 pm
Johnson	34	319-356-6042	HACAP (Johnson County Public Health)	M and W - 7:45 am – 6 pm TH - 7:45 am – 4:30 pm F - 1:00 pm – 4:30 pm
Jones	34	1-800-205-0676 (319) 366-7875 (319) 366-7632	HACAP – WIC Main Urban Office	M-F - 8 am - 4:30 pm, except 2 nd and 4 th W -10 am – 6:30 pm
Keokuk	46	1-800-452-1098 (641) 682-8784	American Home Finding WIC	M, T, 2 nd & 3 rd Th - 8 am – 4:30 pm W & 1 st and 4 th Th - 8:00 am – 6:30 pm F - 8 am - 4:30 pm
Kossuth	41	1-800-657-5856 (641) 423-5044 Ext 315	North Iowa Community Action WIC Main Office	M - 7:30 am – 6:00 pm T, W, Th, F - 7:30 am – 4:30 pm

County	Agency	Phone Numbers	Location	Office Hours
Lee	45	1-877-854-5640 (319) 753-0193	Community Action of Southeast Iowa	M-F -8:30 am-5 pm
Linn	34	1-800-205-0676 (319) 366-7875 (319) 366-7632	HACAP – WIC Main Urban Office	M-F - 8 am - 4:30 pm, except 2 nd and 4 th W -10 am – 6:30 pm
Louisa	45	(563) 264-0855	Community Action of Southeast Iowa	M-F - 8 am - 4:30 pm
Lucas	37	(641) 202-7114 Cell: (641) 344-6013 Cell: (641) 344-6018	MATURA Action Corporation WIC Office: Creston	M-Th – 8 am - 4:30pm
Lyon	39	1-800-859-2025 (712) 786-3419 Cell: (712) 539-0869	Mid-Sioux Opportunity WIC, Remsen Outreach Office, Rock Rapids	M-F -8 am – 4:30 pm
Madison	31	(515) 282-5800	Broadlawns Medical Center	M – Th - 7:30 am – 6:00 pm F - 8 am - 4:30 pm
Mahaska	46	1-800-452-1098 (641) 682-8784	American Home Finding	M, T, 2 nd & 3 rd Th - 8 am – 4:30 pm W & 1 st and 4 th Th - 8:00 am – 6:30 pm F -8 am - 4:30 pm

County	Agency	Phone Numbers	Location	Office Hours
Marion	46	(641) 828-2238	American Home Finding	M – F - 8 am - 4:30 pm 1 st and 3 rd W - 8:30 am - 6 pm 2 nd and 4 th W - 8:30 am – 6 pm 2 nd T - 8:30 am – 5 pm
Marshall	38	641-752-7162	Mid-Iowa Community Action WIC Marshalltown Office	M-Th - 8:30 am - 4:30 pm F- 8 am – 4 pm
Mills	52	(712) 328-5886 1-800-338-4129	Pottawattamie County WIC	M – F 8 AM-4:30 PM Clinic Hours: Second Monday 9:30 AM – 4 PM
Mitchell	41	1-800-657-5856 (641) 423-5044 Ext 315	North Iowa Community Action WIC Main Office	M - 7:30 am – 6:00 pm T, W, Th, F - 7:30 am – 4:30 pm
Monona	52	(712) 328-5886 1-800-338-4129	Pottawattamie County WIC	M – F 8 AM-4:30 PM Clinic Hours: First & Third Tuesday 9:30 AM – 4 PM
Monroe	46	(641) 828-2238	American Home Finding	M-F - 8 am - 4:30 pm 1 st Th - 8:30 am – 5:00 pm
Montgomery	37	(641) 202-7114 Cell: (641) 344- 6013 Cell: (641) 344- 6018	MATURA Action Corporation WIC Main Office: Creston	M-Th – 8 am - 4:30 pm
Muscatine	45	(563) 264-0855	Community Action of Southeast Iowa	M-F - 8 am - 4:30 pm

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O'Brien	39	1-800-859-2025 (712) 786-3478 (712) 260-7181	Mid-Sioux Opportunity WIC, Spencer Outreach Office, Cherokee	M – F - 8:00 am – 4:30 pm
Osceola	39	1-800-859-2025 (712) 786-3478 (712) 260-7181	Mid-Sioux Opportunity WIC, Spencer Outreach Office, Cherokee	M – F - 8:00 am – 4:30 pm
Page	37	(641) 202-7114 Cell: (641) 344-6013 Cell: (641) 344-6018	MATURA Action Corporation WIC Main Office: Creston	M-Th – 8 am - 4:30 pm
Palo Alto	39	1-800-859-2025 (712) 786-3478 (712) 260-7181	Mid-Sioux Opportunity WIC, Spencer Outreach Office, Cherokee	M – F - 8:00 am – 4:30 pm
Plymouth	39	1-800-859-2025 (712) 786-3419 (712) 539-0869	Mid-Sioux Opportunity (Remsen) Le Mars Outreach Office	M-F - 8 am - 4:30 pm
Pocahontas	50	(515) 574-3802 1-800-510-7756	Webster County Public Health	M-F - 8 am - 4: 30 pm
Polk	31	(515) 282-5800	Broadlawns Medical Center	M – Th - 7:30 am – 6:00 pm F - 8 am - 4:30 pm

County	Agency	Phone Numbers	Location	Office Hours
Pottawattamie	52	(712) 328-5886 (712) 355-1101	Pottawattamie County WIC	M, Th / 8 am – 12 pm, 1 pm – 6 pm T / 8 am – 12 pm, 1 pm – 4:30 pm, W,F / 8 am – 4:30 pm
Poweshiek	38	641-752-7162	Mid-Iowa Community Action WIC	M-Th - 8:30 am - 4:30 pm F- 8 am – 4 pm
Ringgold	37	(641) 202-7114 Cell: (641) 344-6013 Cell: (641) 344-6018	MAUTRA Action Corporation WIC Main Office: Creston	M-Th- 8 am - 4:30 pm
Sac	33	1-800-642-6330 Cell: 712-830-1329	New Opportunities WIC	M-F - 8 am - 4:30 pm
Scott	54	(563) 336-3000 (563) 243-9329	Community Health Care, Inc. (Hillcrest Family Services)	T, W, Th, F - 8 am - 4:30 pm M/ 9:30 am-6:00 pm
Shelby	52	(712) 328-5886 1-800-338-4129	Pottawattamie County WIC	M – F 8 AM-4:30 PM Clinic Hours: Second & Fourth Thursday 9:00 AM – 4:30 PM
Sioux	39	1-800-859-2025 (712) 786-3419 (712) 539-0869	Mid-Sioux Opportunity WIC, Remsen Outreach Office, Sioux Center	M – F - 8 am – 4:30 pm

County	Agency	Phone Numbers	Location	Office Hours
Story	38	641-752-7162	Mid-Iowa Community Action WIC Ames WIC Office	M-Th - 8:30 am – 4:30 pm F - 8:00 am – 4:00 pm
Tama	38	641-752-7162	Mid-Iowa Community Action WIC	M-Th 8:30 am - 4:30 pm F- 8 am - 4pm
Taylor	37	(641) 202-7114 Cell: (641) 344-6013 Cell: (641) 344-6018	MATURA Action Corporation WIC Main Office: Creston	M-Th – 8 am - 4:30 pm
Union	37	(641) 202-7114 Cell: (641) 344-6013 Cell: (641) 344-6018	MATURA Action Corporation WIC Main Office: Creston	M-Th – 8 am - 4:30 pm
Van Buren	46	1-800-452-1098 (641) 682-8784	American Home Finding WIC	M, T, 2 nd & 3 rd Th - 8 am – 4:30 pm W & 1 st and 4 th Th - 8:00 am – 6:30 pm F -8 am - 4:30 pm
Wapello	46	1-800-452-1098 (641) 682-8784	American Home Finding WIC	M, T, 2 nd & 3 rd Th - 8 am – 4:30 pm W & 1 st and 4 th Th - 8:00 am – 6:30 pm F - 8 am - 4:30 pm

County	Agency	Phone Numbers	Location	Office Hours
Warren	31	515-282-8520	Broadlawns Medical Center	M – Th - 7:30 am – 6:00 pm- F - 8 am - 4:30 pm
Washington	45	319-753-0193	Community Action of Southeast Iowa	M-F - 8:30 am - 5:00 pm
Wayne	37	(641) 202-7114 Cell: (641) 344-6013 Cell: (641) 344-6018	MATURA Action Corporation WIC Main Office: Creston	M-Th - 8am - 4:30 pm
Webster	50	1-800-510-7756 (515) 574-3802	Webster County Public Health	M-F - 8 am - 4:30 pm
Winnebago	41	1-800-657-5856 (641) 423-5044 Ext 315	North Iowa Community Action WIC Main Office	M - 7:30 am – 6:00 pm T, W, Th, F - 7:30 am – 4:30 pm
Winneshiek	42	1-888-836-7867 (563) 245-1145 (563) 880-0941 (Cell)	Visiting Nurse Association – Clayton County	M-Th - 8 am – 4:30 pm
Woodbury	49	(712) 279-6636 1-800-587-3005	Siouxland WIC	M, T, 2nd and 4th W, Th, F - 8 am - 4:30 pm 1st and 3rd W - 8 am – 5:30 pm 2nd Sat 9 am -12 pm

County	Agency	Phone Numbers	Location	Office Hours
Worth	41	1-800-657-5856	North Iowa Community Action WIC	M - 7:30 am – 6:00 pm
		(641) 423-5044 Ext 315	Main Office	T, W, Th, F- 7:30 am – 4:30 pm
Wright	50	(515) 532-3461	Webster County Public Health	M-F - 8 am - 4:30 pm
		(515) 574-3802	Wright County Public Health	
		1-800-510-7756		

