

**FOR IMMEDIATE RELEASE** 2/23/2026**Media Contact:** Katherine Schroeder, PIO, katherine.schroeder@vdh.virginia.gov

LORD FAIRFAX HEALTH DISTRICT UPDATES WIC SERVICES AND SCHEDULE

(Winchester, Va.)—The Lord Fairfax Health District is announcing an updated service schedule, expanded staffing, and continued support for families through the Women, Infants, and Children (WIC) program. WIC provides nutrition education, breastfeeding support, healthy food benefits, and referrals to health and social services for pregnant people, new parents, infants, and children up to age five.

WIC is a federally funded program that helps eligible families access nutritious foods, nutrition counseling, breastfeeding support, and connections to health care and community resources. Its core services include:

- Nutrition education – and individualized counseling by setting family-centered goals
- Benefits for healthy foods – uses WIC standards to determine an appropriate WIC package
- Breastfeeding promotion & support – provides education through breastfeeding peer counselors
- Developmental measurements – measure and track the development of children in the program
- Community Referrals – connects families to services for any identified gaps in care

“The WIC Program is excited to add more available clinic days,” says Alyssa Brown, the LFHD WIC Coordinator. “This marks a step forward to serve more families in need.”

Additional staffing allows the WIC program to expand its schedule to support additional office and clinic services. These additions aim to better meet community needs, increase appointment availability, and reduce wait times. All WIC services are provided in its localities Health Department. The WIC program schedule is as follows:

- **Frederick/Winchester:** Monday-Friday 8:00 am - 4:30 pm
- **Page:** Monday 8:30 am - 4:00 pm & Tuesday 8:40 am – 3:50 pm
- **Warren:** Wednesday & Thursday 8:00 am – 4:30 pm
- **Shenandoah:** Monday, Wednesday, & Thursday 8:00 am – 4:30 pm

The WIC program provides services to pregnant and postpartum people, infants, and children up to the age of five who meet income guidelines. To speak to the WIC team about eligibility or the application process, please call any of the Health Departments when staff are on site. [Locations & Contact Us - Lord Fairfax Health District](#)

