

GREAT Start



GREAT Start is a free program for families who are expecting or have children under the age of three. Family educators visit families in their homes to provide parenting support, discuss baby and toddler development, and collaborate on family goals.

Supplemental doula support is also available, beginning at 28 weeks of pregnancy and continuing through labor, delivery, and the first two months postpartum.

To learn more, call 217-531-4342 or email rcharters@c-uphd.org.



Community Food Initiatives

CUPHD serves as a food distribution site for the Friends of Champaign County Food Pantry. Seasonally, CUPHD's volunteer-based Give Back Garden supplements the lobby food pantry with fresh produce. Community members can also donate homegrown produce at the WIC desk, which is then distributed alongside produce grown on-site. All food is available on a first-come, first-served basis, Monday—Friday, from 8:00 AM to 5:00 PM.

Additionally, CUPHD participates in the USDA Summer Food Service Program, providing free meals to children ages 1 to 18 when schools are closed for summer break.



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Champaign-Urbana Public Health District
c-uphd.org

201 West Kenyon Road
Champaign, IL 61820
217-352-7961

This institution is an equal opportunity provider.



Maternal & Child Health

A Division of Champaign-Urbana Public Health District



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WIC



WIC (Women, Infants, and Children) provides support for pregnant women, new mothers, and young children by offering a WIC EBT card, which can be used to purchase healthy foods at local grocery stores. The program also offers nutrition education and breastfeeding support.

For more information or to schedule an appointment, call 217-352-7961, Monday–Friday, 8:30 AM to 4:30 PM.

Visit one of our three convenient locations:

Champaign | 201 W. Kenyon Rd.

Monday–Friday and every 3rd Saturday of the month 8:30am–12:00pm and 1:00pm–4:30pm

Urbana | 2040A S. Orchard St. (Orchard Downs)

Thursday 8:30am–12:00pm and 1:00pm–4:30pm

Rantoul | 520 E. Wabash Ave.

Tuesday, Wednesday, and Friday 8:30am–12:00pm and 1:00pm–4:30pm

Lactation Support

The Division offers lactation support through a comprehensive circle of care. Our trained staff includes breastfeeding peer counselors, nutritionists, certified lactation counselors and specialists, home visitors, and nurses. Referrals to medical care are also available.

Lactation support services are offered in multiple formats to accommodate different needs: in person at all CUPHD locations, off-site at individual client homes, and via phone call or text message.

For more information, call 217-352-7961.



Donor Milk Services

CUPHD partners with the Mothers' Milk Bank of the Western Great Lakes to support both a donor milk depot, where the public can donate milk, and a donor milk dispensary, where donor milk can be purchased.

For more information, call 217-531-4529 or email donormilk@c-uphd.org.

Better Birth Outcomes & High-Risk Infant Follow-Up

The Better Birth Outcomes program provides assistance and support to income-eligible pregnant women and infants. Case managers and nurses assess each family's needs, plan services, make referrals, provide health education, conduct home visits, and advocate for clients. Case managers and nurses can also perform developmental and perinatal depression screenings.

High-Risk Infant Follow-Up (HRIF) nurses help coordinate care with doctors and other intervention services for families with high-risk infants who have been referred by local hospitals.

To learn more, call 217-531-4311 or email cbailey@c-uphd.org.



Childhood Immunizations

CUPHD provides routine immunizations from birth to 18 years of age. Call 217-531-4317 to schedule an appointment.