



'WE MAKE FLORIDA HAPPEN'

CELEBRATING STATE WORKERS AND THE VITAL SERVICES WE PROVIDE TO THE PUBLIC



LIZETTE KRINGS

RESIDENT: MIAMI

JOB TITLE: HEALTH SUPPORT SPECIALIST

DEPARTMENT: HEALTH

START DATE: 2005

It's always been my calling to work with children. I've always worked in social services. As a Health Support Specialist, we help qualified families participate in the the a federally funded nutrition program for Women, Infants, and Children (WIC) program to provide nutrition services and education.

The WIC program provides the following at no cost: healthy foods, nutrition education and counseling, breastfeeding support, and referrals for health care and community services.

We track the height and weight of children and offer nutrition classes to pregnant women and new mothers. We also evaluate the women to make sure they are not anemic and their nutritional needs are being met. We track the progression of the children as they grow to make sure they are thriving.

I have been working for the state for 17 years and our unit functions like a close-knit family, because despite the challenges we support each other and help each other out.

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