THE NUTRITION PROGRAM FOR WOMEN, INFANTS, & CHILDREN

Checks for Free

Nutrition Advice

Healthy Food

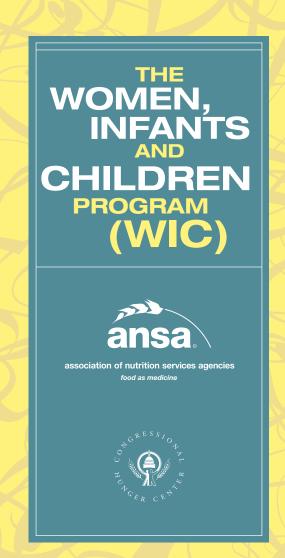
ARE YOU PREGNANT?

HAVE A BABY OR CHILD UNDER 5?

WANT TO PROVIDE YOUR CHILDREN WITH BETTER NUTRITION?

WIC CAN HELP. APPLY TODAY!

This publication was created by the Association of Nutrition Services Agencies, the Congressional Hunger Center and the Food Research and Action Center as part of the "Food as Medicine" campaign, funded by The UPS Foundation.



WHAT DOES WIC OFFER?

Checks for Healthy Foods

WIC provides checks that are easy to use in your local grocery store to buy healthy foods:

Milk

- Eggs
- Baby Formula
- Peanut Butter
- Fruit Juice
- Beans

Cereal

Carrots

Friendly Nutrition Advice & Support

WIC nutrition counseling, obtained through your local WIC office, can help you have a healthier pregnancy and provide more nutritious meals for your kids.

Assistance with Finding Health Care

WIC provides referrals to health care and social services.

THE WOMEN, INFANTS AND CHILDREN PROGRAM

WHO CAN PARTICIPANT IN WIC?

You can participate in WIC if you are a:

- Pregnant Woman,
- New Mother.
- Infant. or
- Child under age 5.

Meet Income Guidelines

WIC serves families with low to modest incomes.

Women, infants and children on Medicaid or food stamps are automatically income eligible for WIC.

Have a Medical or Nutritional Need

A WIC nutritionist can determine your nutritional need.

Women, infants and children with a disabling illness or HIV/AIDS have a high priority in the WIC program.

HOW DO I APPLY FOR WIC?

Call your local WIC clinic to set up an appointment and to ask what you need to bring.

To find the local WIC office near you:

- Ask your Doctor, Registered Dietician, friends, family or local library to help you find a WIC office near you.
- Visit your city or county website.
- Find your state WIC toll-free number:
- www.fns.usda.gov/wic/howtoapply/
- Ask your Case Manager at your local food and nutrition services provider.

Important Options

- You can designate a friend or relative to do your WIC shopping.
- Guardians and foster families can apply on behalf of infants and children.