

**THE NUTRITION  
PROGRAM FOR  
WOMEN,  
INFANTS, &  
CHILDREN**  
**WIC**

Checks for Free  
Healthy Food  
Nutrition Advice

**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.*

**THE  
WOMEN,  
INFANTS  
AND  
CHILDREN  
PROGRAM  
(WIC)**



association of nutrition services agencies  
food as medicine



## 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
- Baby Formula
- Fruit Juice
- Cereal
- Eggs
- Peanut Butter
- Beans
- 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.

## 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/](http://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.

**WIC**  
THE WOMEN, INFANTS AND CHILDREN PROGRAM