

WHAT FOODS DOES WIC OFFER?*

The WIC food package includes a variety of healthy options to help pave the way for a lifetime of nutritious eating.

| | | |
|--|--|---|
|  <p>BEANS</p> |  <p>WHOLE GRAINS</p> |  <p>FRUITS & VEGETABLES</p> |
|  <p>CHEESE</p> |  <p>CEREAL</p> |  <p>EGGS</p> |
|  <p>CANNED FISH</p> |  <p>PEANUT BUTTER</p> |  <p>MILK</p> |
|  <p>100% FRUIT JUICE</p> |  <p>INFANT FORMULA</p> |  <p>INFANT CEREAL & BABY FOOD</p> |

ALL ABOUT WIC



WHO IS ELIGIBLE?
WHAT ARE THE BENEFITS?
WHAT'S IN THE FOOD PACKAGE?



*Check your state for specific guidelines.

7 MILLION WOMEN, INFANTS, AND CHILDREN GET WIC BENEFITS. ARE YOUR PATIENTS ELIGIBLE?

WIC is the nation's most successful public health nutrition program. We provide healthy food, nutrition education, breastfeeding guidance, and more to income-eligible pregnant women, moms of infants, and children up to 5 years old.

Many people don't realize they're eligible for WIC benefits, so we need your help spreading the word. Your patients can find out more by calling us or visiting us online. Those who currently receive Medicaid or SNAP benefits automatically qualify for WIC benefits.

**HOW CAN MY
PATIENTS
LEARN MORE?**

**CALL
VISIT**

WE'RE HERE FOR YOUR PATIENTS

Did you know WIC offers the following?



HEALTHY FOOD + NUTRITION TIPS

We help moms feed their kids nutritious meals. We provide:

- monthly benefits to buy healthy food.
- tips on how to shop for healthy food, how to cook it, and how to encourage kids to eat it.
- a larger food package for moms who breastfeed exclusively.



BREASTFEEDING SUPPORT

We offer guidance for nursing moms:

- advice on a range of breastfeeding issues, including positioning, latch, milk production, and returning to work
- nursing aids such as breast pumps



A COMMUNITY OF EXPERTS AND PEERS

We introduce moms to a network of experts and peers:

- healthcare professionals such as pediatricians and dentists
- immunization services
- additional social services
- other moms for sharing experiences and for moral support

WIC is administered by the United States Department of Agriculture (USDA). The USDA, WIC, and organizations or institutions administering WIC are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity. Submit complaints by letter or form AD-3027 (available at 866-632-9992) to: USDA, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW Washington, D.C. 20250-9410; by fax: (202) 690-7442; or by email at program.intake@usda.gov. © 2016 National WIC Association. "WIC" is a registered trademark of the U.S. Department of Agriculture. All rights reserved.