



Daycare & Learning Center
"Where Kids Can Be Kids"



WIC

A SPECIAL FOOD AND NUTRITION EDUCATION PROGRAM
FOR WOMEN, INFANTS AND CHILDREN.

WHO IS ELIGIBLE:

- A PREGNANT WOMAN
- A BREASTFEEDING WOMAN
- A WOMAN WHO HAS RECENTLY BEEN PREGNANT
- AN INFANT OR A CHILD LESS THAN 5 YEARS OLD

TO BE ELIGIBLE, YOU MUST ALSO:

HAVE LOW OR MODERATE INCOME

AND

HAVE A SPECIAL NEED THAT CAN BE
HELPED BY WIC FOODS AND
NUTRITION COUNSELING

SERVICES PROVIDED:

- NUTRITIOUS FOODS
- NUTRITION COUNSELING
- BREAST FEEDING SUPPORT
- HEALTH CARE REFERRAL

APPROVED WIC FOODS:

- MILK
- CHEESE
- EGGS
- CEREALS
- PEANUT BUTTER
- FRUIT
- VEGETABLE JUICES
- DRY BEANS
- PEAS
- IRON FORTIFIED FORMULA

YOU DO NOT HAVE TO BE ON PUBLIC ASSISTANCE TO APPLY
CALL YOUR LOCAL HEALTH DEPARTMENT FOR MORE INFORMATION

