



## Women, Infants and Children Program (WIC)

The WIC state program is funded by the Food and Nutrition Service (FNS).

- The WIC state program provides monthly checks or vouchers for specific food items each month to the following eligible people:
  - Pregnant women
  - Women who have recently delivered a baby.
  - Infants
  - Children to the age of 5 years.
- The WIC state agencies also provide supplemental food, health care referrals, nutrition counseling, and education.

Food items supplement the diet and include foods that are high in iron and vitamins A and C:

- Iron-fortified infant formula and cereal.
- Iron-fortified adult cereal.
- Fruits or vegetable juices that are high in vitamin C.
- Eggs
- Milk
- Cheese
- Peanut butter
- Dried beans and peas
- Tuna fish
- Carrots

The foods provided by the WIC program are not a complete diet. They are in addition to other items that you eat in order to have a healthy diet.

- Your nutrition counselor will review this with you.
- To find out if you are eligible for WIC, contact the appropriate agency in your area to set up an appointment.

- When you call to schedule an appointment, someone will tell you the location nearest your home and what you need to bring with you.
- A listing of WIC state agencies can be found at [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic).
- Many of the state agencies listed provide a toll-free number for you to call to ask about the WIC Program in your area.
- If you apply, you must meet certain income criteria.
- A healthcare worker will evaluate you to determine if you need help with nutrition.
  - This can be done either by your own doctor or at a WIC clinic.

WIC BENEFITS FOR YOU MAY INCLUDE:
Checks or vouchers for supplemental, nutritious foods.
Nutrition education and counseling.
Screening and referrals for other services as needed.