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HEALTHY STARTS WITH WIC

WHAT IS WIC?

WIC is a government nutrition program that provides women, infants, and young children with healthy foods, nutrition education, breastfeeding resources, and community support. For more than 50 years, WIC has empowered families with the support they need to live their healthiest lives.



WHO IS WIC FOR?

If you're pregnant, breastfeeding, postpartum, or caring for a child under 5, you can get personalized support for you and your family! This also includes caregivers of young children, like grandparents, foster parents, and guardians. WIC supports all types of families, including LGBTQIA, military, and immigrant families.



WHAT DOES WIC PROVIDE?

Through WIC, families have access to:

- Monthly food packages tailored to developmental needs
- Breastfeeding support through lactation specialists, peer counselors, breast pumps, and more
- Nutrition education, recipe ideas, and healthy eating tips
- Healthcare and social service referrals and immunizations
- Farmers market benefits (in certain areas)



GET STARTED WITH WIC!

Get more information about WIC and find a clinic near you by scanning the QR code to visit www.signupwic.com!

