

EVERYONE IS WELCOME AT WIC.

No matter your family's shape or story—if you are pregnant, breastfeeding, or caring for a child under 5, you can get support from WIC!

- Moms
- Dads
- Grandparents
- Foster parents or guardians
- Stepparents
- Immigrant families
- Military families
- Indigenous families
- And more!

WHO IS ELIGIBLE FOR THE PROGRAM?

We're here for more families than you may think: WIC supports over half of all infants in the U.S.! This can include but is not limited to:

- People who are currently pregnant, pregnant in the last 6 months, or breastfeeding a baby up to 12 months old
- Families with infants or young children who are receiving other benefits like SNAP or Medicaid
- Infants or children under 5 in foster families (regardless of income)
- Infants or children under 5 that have special nutritional needs or nutrient deficiencies

"It's a big help and very beneficial, not just the food and resources they give me, but also the nutritional guidance I get to keep helping my little girl grow."

— WIC Participant

"So, [my baby] wouldn't latch, and that was really hard for me because I had no experience breastfeeding. I didn't know what to do. That's why I'm so grateful to [breastfeeding counselor] for everything she did for me."

— WIC Participant

CONNECT WITH A CLINIC NEAR YOU.

From clinics in health departments or hospitals to stand-alone clinics in Indigenous communities or on military installations, WIC has your back. Getting started with WIC is worth it—visit www.signupwic.com to find a clinic near you.

GET STARTED WITH WIC

CONTACT:

VISIT:

Visit our website by scanning the QR code with your phone camera!



HEALTHY STARTS WITH WIC

USDA is an equal opportunity provider, employer, and lender. © 2026 National WIC Association. "WIC" is a registered trademark of the U.S. Department of Agriculture. All rights reserved.

WE'RE HERE TO SUPPORT YOUR FAMILY, EVERY STEP OF THE WAY.

BREASTFEEDING SUPPORT

No matter where you call home, breastfeeding and chestfeeding parents have the right to respectful lactation support. WIC is here for you by offering guidance, resources, and tools to meet your personal goals and needs. This can include:

- International Board Certified Lactation Consultants (IBCLCs)
- Breastfeeding peer counselors
- Breastpumps and other breastfeeding supplies
- Personalized support and tips for breastfeeding
- Information about your protected rights for breastfeeding and pumping in public or at work
- Additional food and nutrition benefits for parents who are breastfeeding (including pumping) or combo feeding (breastmilk and infant formula)

DID YOU KNOW?

Families who are enrolled in Medicaid and SNAP can be eligible for WIC benefits, too!

FROM NUTRITIOUS FOODS TO BREASTFEEDING SUPPORT AND REFERRALS— WIC HAS YOUR BACK.

We're dedicated to helping families live healthier lives.

HEALTHY FOOD

With WIC, your family can get monthly benefits to buy nutritious foods, including:

Foods with calcium for strong bones and teeth:

- Milk and cheese
- Yogurt
- Non-dairy beverages

Grains with iron for energy and folic acid for healthy growth:

- Hot or cold cereal
- Brown or wild rice
- Soft corn or whole-wheat tortillas
- Whole-grain bread or naan
- Whole-wheat pasta

Fruits and vegetables to support heart health and improve digestion:

- Fresh fruits, vegetables, and cut herbs
- Frozen or canned fruits and vegetables
- Farmers' market benefits (in addition to monthly benefits)
- Fruit or vegetable juice

Foods with protein for strong muscles and healthy skin:

- Dried or canned beans, peas, and lentils
- Eggs
- Canned fish
- Peanut butter
- Tofu

Iron-fortified foods for infants who need it:

- Baby foods
- Infant formula, including prescription formula
- Infant cereal

*WIC food packages may vary by location; food packages are specialized for your family's specific nutritional needs.

DID YOU KNOW?

With WIC FMNP, you can get additional benefits to purchase fruits, veggies, and cut herbs at a farmers' market near you!



NUTRITION EDUCATION

We're here to help you every step of the way with nutritious foods, tips, and support. Let's make every bite a step toward a healthier future for your family! WIC nutrition support and education can include:

- Prenatal and postpartum nutrition assistance
- Nutritionists and registered dietitians
- Special food packages for breastfeeding parents
- Healthy eating tips for your child and family
- Nutritious recipes and food safety information
- Culturally specific or allergen-friendly foods

REFERRALS AND SUPPORT

WIC offers support in your local clinic and can also connect your family with additional resources in your community. This can include:

- Designated breastfeeding experts and peer counselors (in-clinic support)
- Healthcare providers such as pediatricians, OBGYNs, midwives, and dentists
- Immunization services
- Substance use counselors
- Domestic abuse counseling
- Social services

FARMERS' MARKET NUTRITION PROGRAM (FMNP)

- Benefits come as FMNP vouchers or EBT credit
- Available annually from summer through fall
- In addition to regular WIC benefits
- In some states, participants can also use their WIC CVB benefits at the Farmers' Market

Note: FMNP benefits may vary based on state participation.