

WE HELP MOMS BE MOMS

FOOD. EDUCATION. SUPPORT. YOU GOT THIS.

We give moms the resources, knowledge, and tools they need to be the moms they want to be.

HEALTHY FOOD

Through WIC, moms get monthly benefits to buy healthy foods, such as:

Foods with calcium for strong bones and teeth:

- Milk.
- Cheese.
- Soy beverages.
- Yogurt.

Foods with protein for strong muscles and healthy skin:

- Dried or canned beans, peas, lentils.
- Eggs.
- Canned tuna or salmon.
- Peanut butter.
- Tofu.

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

- Cereal.
- Brown rice.
- Soft corn or whole wheat tortillas.
- Whole grain bread.
- Whole wheat pasta.

Iron-fortified foods for infants who need it:

- Baby foods.
- Infant formula.
- Infant cereal.

Fruits and vegetables to keep your heart and weight healthy:

- Fresh, frozen, or canned fruits and vegetables.
- 100% fruit or vegetable juice.

NUTRITION EDUCATION

We support and educate moms to help them breastfeed successfully. We offer guidance on how to shop for healthy food, how to prepare it, and how to encourage children to eat it. We provide access to information, including:

- Prenatal nutrition.
- Breastfeeding tips.
- Eating tips for your child.
- Parenting tips.
- Healthy recipes.

A COMMUNITY OF SUPPORT

We're a network built for moms. We connect them, we educate them, and we learn from them. Our community consists of:

- Health providers.
- Lactation specialists.
- Peer helpers.

REFERRALS

We can introduce moms to resources outside of WIC, including:

- Healthcare providers such as pediatricians, OB/GYNs, and dentists.
- Immunization services.
- Substance use disorder counselors.
- Domestic abuse counseling.
- Social services.

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.

WIC is the nation's most successful and cost-effective public health nutrition program. We provide wholesome food, nutrition education, and community support for income-eligible women who are pregnant or postpartum, infants, and children up to five years old.

This institution is an equal opportunity provider.

ALL CAREGIVERS ARE WELCOME.

We talk a lot about moms. But we offer support to anyone—working or not—who cares for a child, including:

- Moms.
- Dads.
- Grandparents.
- Foster parents.
- Step-parents.
- Guardians.

WE'RE HERE FOR YOU.

We're here for more moms and caregivers than you might think—in fact, we serve over half of all infants born in the U.S. To get WIC assistance, participants:

- Must be pregnant or have infants or children under 5 years old.
- May be in need of income assistance.
- Can be receiving other benefits like foster care, medical assistance, or SNAP.

FIND WIC NEAR YOU.

Find your local WIC office:

Call: 1-800-755-4769

Visit: [signupwic.com](https://www.signupwic.com)



**NUTRITION,
SUPPORT,
AND THE
POWER OF
FAMILIES.**