WHAT FOODS DOES WIC OFFER?*

The WIC food package includes a variety of healthy options to help pave the way for a lifetime of nutritious eating.

WHOLE **BEANS GRAINS FRUITS & VEGETABLES EGGS CHEESE CEREAL YOGURT MILK PEANUT BUTTER CANNED FISH** 100% **FRUIT** INFANT **JUICE INFANT FORMULA CEREAL & BABY FOOD**

Call: 1-844-601-0366

Text: Keyword pfy + your zip code to 67076

Visit: signupwic.com



ALL ABOUT WIC



WHO IS ELIGIBLE?
WHAT ARE THE BENEFITS?
WHAT'S IN THE FOOD PACKAGE?





Did you know WIC offers the following?

HEALTHY FOOD + NUTRITION TIPS

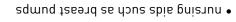
We help moms feed their kids nutritious meals. We provide:

- tips on how to shop for healthy food, how to cook it, monthly benefits to buy healthy food.
- and how to encourage kids to eat it.
- a larger food package for moms who breastfeed exclusively.

BREASTFEEDING SUPPORT

 advice on a range of breastfeeding issues, including We offer guidance for nursing moms:

positioning, latch, milk production, and returning to work



A COMMUNITY OF EXPERTS AND PEERS

• healthcare professionals such as pediatricians and dentists We introduce moms to a network of experts and peers:

- immunization services
- additional social services
- other moms for sharing experiences and for moral support



guidance, and more to income-eligible pregnant women, moms of We provide healthy food, nutrition education, breastfeeding

7 MILLION WOMEN, INFANTS,

LEARN MORE? PATIENTS HOW CAN MY

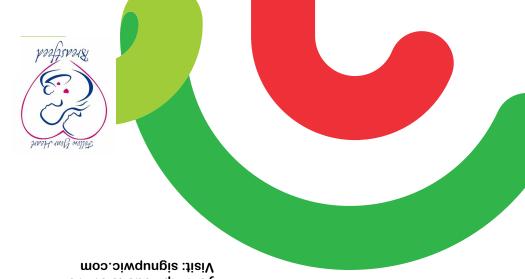
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> find out more by calling us or visiting us help spreading the word. Your patients can for WIC benefits, so we need your Many people don't realize they're eligible infants, and children up to 5 years old.

Medicaid or SNAP benefits automatically

online. Those who currently receive

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