



# WIC

## Helping Moms and Babies Live Healthier Lives through Good Nutrition

### Moms and Their Babies are Healthier with WIC.



The Women, Infants, and Children Program (WIC) is a supplemental food and nutrition program for income eligible pregnant, postpartum and breastfeeding women, their babies and children under 5 years of age.

#### WIC Provides:

- **Nutritious Foods** - Milk, eggs, cereal, fruits, vegetables, whole grains, peanut butter or beans, and infant foods and formula for infants not exclusively breastfed. (exclusively breastfeeding moms get more food.)
- **Nutrition Education**
- **Breastfeeding Education and Support** - free classes; peers and certifies breastfeeding staff in the clinic and Helpline; help getting a breast pump; and, referrals to community resources.

#### WIC Helps You:

- **Save money** - about \$35/month or \$420/year per participant
- **Choose and prepare** healthy foods
- **Learn to breastfeed** and provides support for mom and baby
- **Eat better** during pregnancy for a healthy baby
- **Reduce your child's risk** of anemia and improve their learning, growth and nutrition.

**Sign Up:** To find out if you are eligible and to locate one of 15 clinics near you, **call 614-645-7280.**

Franklin County WIC at Columbus Public Health  
240 Parsons Ave., Columbus, OH 43215  
[www.publichealth.columbus.gov](http://www.publichealth.columbus.gov)  
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