

WIC + You

Working Together to Create Healthy Families



Find out more about WIC
on the internet at

www.dhs.wisconsin.gov/WIC

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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State of Wisconsin
Department of Health Services
Division of Public Health
P-44784 (03/2017)

1-800-722-2295

WIC CARES

About You and Your
Children



What is WIC?

The Women, Infants and Children Nutrition Program is here to help you keep your family healthy and strong. At WIC, you'll receive:

Help with Nutrition

A WIC nutritionist will talk with you about your family's nutrition, provide tips on planning healthy meals and shopping on a budget.

Help to buy foods such as:

- ♥ Milk
- ♥ Fruit juice
- ♥ Peanut butter
- ♥ Fruits and vegetables
- ♥ Cereal
- ♥ Eggs
- ♥ Beans and peas
- ♥ Whole grain bread, tortillas, brown rice, and pasta
- ♥ Baby food fruits and vegetables
- ♥ Some infant formula, if needed

Support for Breastfeeding

Breast milk is the healthiest food for your baby. At WIC, you'll learn how to continue to breastfeed as you return to work or school, and how to obtain and use a breast pump. Moms who breastfeed their babies will get even more food.

And That's Not All!

We'll also provide you with information on doctors, dentists, FoodShare, Head Start, BadgerCare Plus, and other helpful services.



July 2016 through June 2017 (A pregnant woman counts as two family members. Income guidelines are revised every July.)

Are You Eligible for WIC?

You may qualify if:

- ♥ You live in Wisconsin
- ♥ You are pregnant, breastfeeding or have had a baby in the past six months
- ♥ You have an infant, or children under age 5
- ♥ You or your children have a health or nutrition need
- ♥ All the income coming into the home (before any deductions) is less than or equal to WIC income guidelines

Many working families qualify for WIC. The program uses the same income criteria as free and reduced-price school lunches. You are income eligible if you receive Kinship Care, W-2 or FoodShare. You may be income eligible if you currently receive Medicaid or BadgerCare Plus.

Fathers, guardians or foster parents may apply for WIC for their children.



APPLY FOR WIC

You'll be glad you did! WIC moms eat better and have healthier babies. Infants born to WIC moms grow and develop better. Children on WIC eat healthier foods and are better prepared for school.

Everyone wins with WIC!

To apply, make an appointment to visit a local WIC office. To locate the WIC office nearest you, visit www.dhs.wisconsin.gov/wic or call:

1-800-722-2295

24 hours a day, 7 days a week
TTY and interpreter services available