What is **WIC**?

The Women, Infants, and Children Nutrition Program (WIC) is funded by the U.S. Department of Agriculture (USDA). For the past 32 years, WIC has provided food and nutrition education, referrals to health services, and breastfeeding support for families with income at or below 185% of the federal poverty guidelines. Services are available to women who are pregnant, breastfeeding or who just recently gave birth, as well as to children up to their fifth birthdays. We believe that receiving WIC early in pregnancy has great nutritional benefits for the mothers and children we serve.

**Who can apply?**

In order to get services through this program, you must meet one or more of the following criteria:

- Be pregnant.
- Be breastfeeding a baby under one year of age.
- Have had a baby in the past six months.
- Be a child under the age of five. (Parents, step-parents, guardians, or foster parents may enroll their children in the program and take advantage of education and food vouchers.)

**NOTE:** If you are unmarried, have a job, and/or have private health insurance, you can apply for WIC.

**What about the fathers?**

Men responsible for children under five years old are encouraged to enroll their children in the WIC program. They can bring their children to appointments, attend nutrition classes, and purchase food for their children using WIC food vouchers. Involved fathers can do a lot to help keep their children healthy.

**Nutrition Education:**

Eating right is the key to a healthier family. Learn how to make healthy, low-cost meals. Nutritionists will share nutritious tips and recipes. Individual counseling with a nutritionist is also available to talk about your concerns and learn new ideas.

**Breastfeeding:**

Nursing is the best way to feed your baby. Get support and information on breastfeeding.

**Prenatal Nutrition:**

Give your baby a healthy start. Education and food vouchers from WIC will help you and your family stay healthy.

**Health Screening:**

WIC will help you track your child’s growth and development.

**Referrals:**

WIC will help you find health care and social services that you may need, like HUSKY and Food Stamps.
Why Apply for WIC?

WIC gives you a hand so that you can give your family what they need: healthy foods like milk, cheese, eggs, juice, peanut butter, beans and much more. Of course, WIC provides so much more than food. From medical and social service referrals to prenatal nutrition and breastfeeding counseling, WIC is available to low-income pregnant, breastfeeding and postpartum women, infants and children up to the age of five.

Our Mission

To build equitable access to opportunities that empower under-resourced individuals, families and communities to achieve and sustain economic stability.

Nuestra Misión

Crear acceso equitativo a oportunidades que empoderen a las personas, familias y comunidades de escasos recursos para lograr y mantener estabilidad económica.

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