

# 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.

 <p><b>BEANS</b></p>	 <p><b>WHOLE GRAINS</b></p>	 <p><b>FRUITS &amp; VEGETABLES</b></p>
 <p><b>CHEESE</b></p>	 <p><b>CEREAL</b></p>	 <p><b>EGGS</b></p>
 <p><b>CANNED FISH</b></p>	 <p><b>PEANUT BUTTER</b></p>	 <p><b>MILK</b></p>
 <p><b>100% FRUIT JUICE</b></p>	 <p><b>INFANT FORMULA</b></p>	 <p><b>INFANT CEREAL &amp; BABY FOOD</b></p>

# ALL ABOUT WIC



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



\*Check your state for specific guidelines.

# 7 MILLION WOMEN, INFANTS, AND CHILDREN GET WIC BENEFITS. ARE YOUR PATIENTS ELIGIBLE?

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WIC is the nation's most successful public health nutrition program. We provide healthy food, nutrition education, breastfeeding guidance, and more to income-eligible pregnant women, moms of infants, and children up to 5 years old.

Many people don't realize they're eligible for WIC benefits, so we need your help spreading the word. Your patients can find out more by calling us or visiting us online. Those who currently receive Medicaid or SNAP benefits automatically qualify for WIC benefits.

**HOW CAN MY  
PATIENTS  
LEARN MORE?**

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**CALL  
VISIT**

## WE'RE HERE FOR YOUR PATIENTS

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Did you know WIC offers the following?



### HEALTHY FOOD + NUTRITION TIPS

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

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



### 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



### A COMMUNITY OF EXPERTS AND PEERS

We introduce moms to a network of experts and peers:

- healthcare professionals such as pediatricians and dentists
- immunization services
- additional social services
- other moms for sharing experiences and for moral support

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