ALL CAREGIVERS ARE WELCOME.

We talk a lot about moms. But we offer support to anyone—working or not—who cares for a child including:
- Moms
- Single fathers
- Step-parents
- Grandparents

WE’RE HERE FOR YOU.

We’re here for more moms and caregivers than you might think—in fact, we serve over half of all infants born in the US. To get WIC assistance, participants:
- Should be pregnant or have infants or children under 5 years old
- May be in need of income assistance
- Can be receiving other benefits like foster care, medical assistance, or SNAP

This institution is an equal opportunity provider.

INCOME GUIDELINES
Effective July 2017

<table>
<thead>
<tr>
<th>Family Size</th>
<th>Annual</th>
<th>Monthly</th>
<th>Twice Monthly</th>
<th>Bi-Weekly</th>
<th>Weekly</th>
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<td>$ 859</td>
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</table>

FIND WIC NEAR YOU.

WIC is here to serve moms across the U.S. With over 10,000 clinic sites, there’s almost always a WIC center nearby.

Find contact information for your local WIC office at:

SIGNUPWIC.COM

NUTRITION, SUPPORT, AND THE POWER OF MOMS.
Social Services
Substance abuse counseling
Immunization services
and classes
Healthcare professionals, OB/GYN’s
We can introduce moms to resources outside

REFERRALS

Breastfeeding peer counselors
Lactation specialists
Nutritionists

Our community consists of:
them. Our community consists of:

COMMUNITY OF SUPPORT

Healthy recipes
Parenting tips
Eating tips for your child
Breastfeeding tips
Prental nutrition

Access to information including:
how to nurse children to eat it. We provide
how to shop for healthy food, how to prepare it
precooked successfully. We offer guidance on
We support and educate moms to help them

NUTRITION EDUCATION

8 vegetables
Fresh fruits
Juice
Fruits and vegetables

Whole grain
Wheat tortillas
Coco or whole
Brown rice
Cereal

Infant formula
Infant cereal
Baby food

For infants who
Iron fortified foods
Peanut butter
Salmon
Canned tuna or
Eggs
Beans, peas, lentils
Dried or canned

and healthy skin:
for strong muscles
Foods with protein

Healthy food

You Got This.
Support. Food. Education.

WIC is the nation’s most successful
year old.

For infants and children up to five
breastfeeding, or post-partum, and
eligible women who are pregnant,
and community support for income-
whole foods, nutrition education
and cost-effective public health

WIC helps moms,

WE HELP

MOMS.

MOMS.