



WHO IS WIC FOR?

Women

- Pregnant women
- Breastfeeding women until the infant's first birthday
- Women whose pregnancy ended less than six months ago

Infants

- Infants from birth to 1 year of age

Children

- Children from 1 year of age up to 5 years of age, including foster and adopted children

Other guardians can apply for WIC on behalf of their infants and children. WIC welcomes fathers, grandparents, adoptive and foster parents at all WIC visits.



APPLY FOR WIC TODAY!



How does WIC help families?

HEALTHY FOODS

Provide fruits & vegetables, milk, cheese, yogurt, eggs, whole grains, cereal, peanut butter/beans, and more!

BREASTFEEDING SUPPORT

Support parents with their breastfeeding goals.

NUTRITION EDUCATION

Provide healthy eating advice for you and your family.

OTHER RESOURCES

Connect to other programs in your community.



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