



# HEALTHY STARTS WITH WIC



## WHAT IS WIC?

The Women, Infants, and Children (WIC) Program is a nutrition program that helps families stay healthy!



## WHO IS WIC FOR?

Individuals who qualify for WIC benefits:

- Pregnant women
- New moms with an infant or child under the age of 5
- Breastfeeding moms
- Fathers, guardians, and foster parents may apply for children up to the age of 5
- Receive food stamps (SNAP), cash assistance (TANF), or Food Distribution Program on Indian Reservations (FDPIR)
- Children under the age of 5 with a nutritional need determined by a WIC nutritionist
- Families with income under WIC income guidelines

**Visit:** [wic.fns.usda.gov/wps](http://wic.fns.usda.gov/wps) to check your eligibility

## WHAT DOES WIC PROVIDE?

### NUTRITION TIPS

We help families feed their kids nutritious meals by providing:

- Monthly benefits to buy healthy food
- Nutrition education counseling
- Farmers' market checks for fruits and vegetables



### BREASTFEEDING SUPPORT

WIC offers breastfeeding materials, tips, and advice:

- Breast pumps and other nursing aids
- Positioning tips
- Latch tips
- Milk production insights
- Returning to work tips



### A COMMUNITY OF EXPERTS AND PEERS

We support families with a network of:

- Healthcare professionals
- Immunization services
- Other families to share experiences and support
- Additional social services

## TO BOOK AN APPOINTMENT, CALL US TODAY!

Agency Information:

### Central Michigan District Health Department

Covering Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon counties

Contact us: (989) 314-7570

Visit us online at: [www.cmdhd.org](http://www.cmdhd.org)

Refer yourself, using the QR code to the right

