



# HEALTHY FOOD AND A LOT MORE!

**We give you healthy foods and  
tips on how to use them.**

**We provide a community of support.**

**We connect you with  
care beyond WIC.**

## **SEE IF YOU QUALIFY**

CALL: 1-800-322-2588

TEXT: "WIC" to 96859

VISIT: [ParentHelp123.org](http://ParentHelp123.org)



## **WIC IS MORE THAN JUST ABOUT FOOD.**

Come meet with our nutritionists and breastfeeding peer counselors who are ready to listen, share information, and provide guidance and moral support.

### **FAMILIES OF ALL SIZES AND TYPES**

may qualify for WIC.

### **MOST FAMILIES GETTING HEALTH BENEFITS**

from Washington State qualify for WIC.

### **CHILDREN OF WORKING PARENTS**

may still qualify for WIC.



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