

## MILLIONS OF ADULTS, INFANTS, & CHILDREN GET WIC BENEFITS. ARE YOU ELIGIBLE?

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WIC is a nutrition program to improve the health of people who are pregnant or recently pregnant, infants, and children under age 5.

### WIC PROVIDES YOU WITH:

- Access to nutrient-rich foods
- Health screenings
- Nutrition education
- Breast and chest feeding support
- Referrals to health and social services

### ARE YOU ELIGIBLE?

You may qualify if:

- You live in Washington state.
- You're pregnant, breast and chest feeding, or have had a baby in the past six months.
- You have an infant or child under age 5.
- You may automatically qualify if a member of your family receives Medicaid, SNAP, TANF, or FDPIR benefits.
- You meet the WIC income guidelines. Check online at: [doh.wa.gov/WICeligibility](https://doh.wa.gov/WICeligibility)

**U.S. citizenship is not required to qualify for WIC.**

### WIC IS EASY TO USE

Shop with the WIC Card at the grocery store, farmers markets, and farm stores. Use the WICShopper App to find WIC approved foods. Conveniently meet with WIC staff for appointments on the phone, in-person, or remotely.



### ALL CAREGIVERS ARE WELCOME

We offer support to anyone who cares for a child under age 5: moms, dads, grandparents, foster parents, and guardians. You've got this and we are here to help.

### MAKE AN APPOINTMENT TODAY TO APPLY!

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Find your local WIC office:

- **Visit:** [doh.wa.gov/FindWIC](https://doh.wa.gov/FindWIC)
- **Call:** 800-841-1410
- **Refer:** [doh.wa.gov/WICRefer](https://doh.wa.gov/WICRefer)



Being on WIC does not make you a public charge and does not affect your immigration status.

This institution is an equal opportunity provider. Washington WIC doesn't discriminate. To request this document in another format, call 1-800-841-1410. Deaf or hard of hearing customers, please call 711 (WashingtonRelay) or email [wic@doh.wa.gov](mailto:wic@doh.wa.gov).

DOH 965-030 (CS) January 2025



# HEALTHY STARTS WITH wIC



# WE'RE HERE FOR YOU



## HOW DOES WIC HELP?



### NUTRITIOUS FOOD & TIPS

We help you and your kids eat nutritious meals.

We provide:

- Monthly benefits to buy nutrient-rich foods
- Tips on how to shop for and cook foods that help you grow
- Tips for picky eating
- More food if you're pregnant or breast and chest feed exclusively to help you and your baby stay healthy
- Nutrition education
- Breast and chest feeding support



### A COMMUNITY OF SUPPORT

We offer a network of experts and peers for education and guidance:

- Nutritionists to help you and your kids eat well
- Breast and chest feeding specialists to help you breast and chest feed successfully
- Other parents for sharing experiences and moral support



### REFERRALS

We introduce you to care beyond WIC including:

- Healthcare professionals such as pediatricians, OB/GYNs, midwives, and dentists
- Immunization services
- Other social services such as SNAP, food pantries, behavioral health services, child care, and more



### NUTRITIOUS FOOD FOR YOUR FAMILY

WIC gives a variety of foods each month. To learn more about WIC approved foods, download the free WICShopper App.



Some examples of what you could receive are:

