Hey Dad!

Do you have a child under age 5?
Is your partner pregnant or breastfeeding?
Just had a baby?

WIC is here for YOU

WIC provides:

- Benefits to buy nutritious foods for your family
- Health screenings
- Helpful digital tools and information
- Nutrition education
- Breast and chest feeding support
- Referrals to health and social services

Contact WIC to see if your family qualifies!

Visit: doh.wa.gov/FindWIC

Call: 800-841-1410

Fill out form: doh.wa.gov/WICRefer

WIC WASHINGTON

Washington State Department of HEALTH

Washington Fatherhood Council

Photo courtesy of Washington Fatherhood Council

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 (Washington Relay) or email wic@doh.wa.gov.

DOH 965-043 September 2026