



WIC helps your child eat healthy and stay well. This nutrition education program provides supplemental foods to assist women, infants and children (under 5 years old), and breastfeeding support to postpartum women.

## To be eligible you need to:

- Meet income guidelines
- Be at nutritional risk
- Be a Missouri resident\*

\*With limited exceptions

In order for WIC to serve you, please bring the following documents to your WIC appointment:

Proof of Residency • Proof of Income • Proof of Identity

## Benefits of WIC

- 1 Nutrition or health education in person or on the Web
- 2 Nutrition counseling focused on your needs and concerns
- 3 Breastfeeding education and support provided by trained staff
- 4 Breast pumps
- 5 Healthful foods that will save the WIC participant \$60 - \$75 each month
- 6 WIC checks to purchase:
  - fresh and frozen fruits and veggies
  - baby food
  - milk, eggs, cheese, peanut butter
  - whole grain cereal, whole wheat breads and/or tortillas
  - 100% juice
- 7 Help in finding health care and other community services

Call 800-TEL-LINK (800-835-5465) to find a WIC clinic nearby.

