How

❑ Make an appointment at a WIC clinic. At this appointment you will receive a health and nutritional screening and nutrition information.

❑ If eligible, you will be given nutrition education, referrals, and checks for nutritious foods to buy at local participating grocery stores.

So now that you know more about WIC, why not see if WIC can help make a difference for you and your children?

Call 1-800-TEL-LINK 1-800-(835-5465) to find out where to go to see if you qualify for the WIC Program.

Missouri Department of Health and Senior Services
Division of Nutritional Health and Services
Bureau of Nutrition Services and WIC
P.O. Box 570
Jefferson City, MO 65102-0570
www.dhss.state.mo.us

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER
Services provided on a nondiscriminatory basis.

Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) may contact the Missouri Department of Health and Senior Services, Bureau of Nutrition Services and WIC, phone 1-800-382-8209. TDD users can access the previous phone number by calling 1-800-735-2966. An equal opportunity provider and employer.

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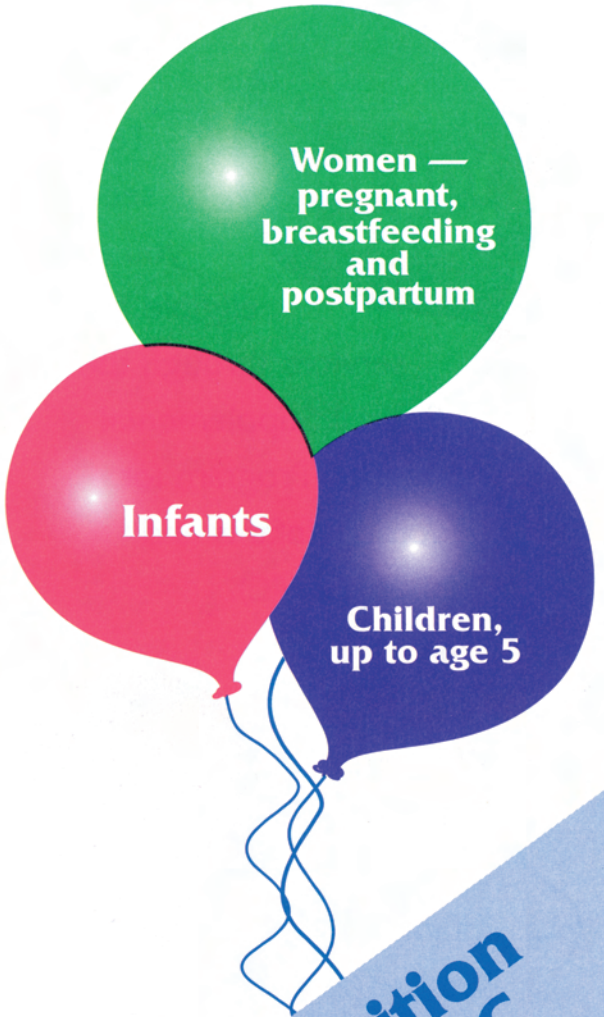
NHS WIC #160/01-02



Get a nutrition lift with WIC

a Nutrition Education, Health Promotion and Supplemental Nutrition Program

You're Invited

To see if you are eligible for services through the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).

Who

- ❑ Women/ teens who are pregnant
- ❑ Infants
- ❑ Women/teens who are breastfeeding
- ❑ Children up to the age of five
- ❑ Women/teens whose pregnancy ended less than six months ago.

To be eligible in Missouri, you must:

- ❑ meet nutritional or medical guidelines
- ❑ meet income guidelines

What

WIC is a nutrition education, health promotion and supplemental food program to assist women, infants and children who have nutritional needs.

Benefits of WIC provided at no cost include:

- ❑ Nutrition education and guidance for you and your children
- ❑ Breastfeeding education and support
- ❑ Nutritious foods to supplement your diet, such as milk, cheese, infant formula, iron-fortified cereal, eggs, juice, etc.
- ❑ Referrals for health care

Why

Good nutrition will help provide the best possible start in life and is a necessary ingredient for you and for your child to grow up healthy and strong.

Where

WIC is offered throughout the state of Missouri at local agencies. Call 1-800-TEL-LINK to find out which WIC program is closest to you.