

Missouri WIC

Eat Healthy. Stay Well.



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 and health education in person or on the Web
- 2 Nutrition counseling focused on your needs and concerns
- 3 Breastfeeding education and support 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.



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Missouri Department of Health and Senior Services

WIC and Nutrition Services • 573-751-6204 • health.mo.gov/wic

DHSS is an equal opportunity/affirmative action employer.

Services provided on a nondiscriminatory basis.

Alternate forms of this publication for persons with disabilities may be obtained

by contacting the Missouri Department of Health and Senior Services at

573-751-6204. Hearing- and speech-impaired citizens can dial 711. USDA is an equal opportunity provider and employer. WIC-175 (08-14)