WIC #267 (9/13)(Burmese)

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
WIC AND NUTRITION SERVICES
P.O. Box 570 Jefferson City, MO 65102-0570  573-751-6204

WIC is a program run by the government that helps certain low-income families buy healthy food that is good for you and your baby.

You qualify for WIC if:

- You are pregnant, breastfeeding, or nursing a baby under 1.
- You are up to 180% of the federal poverty level.
- You have a doctor's note that says you have a health problem because of your weight.
- You live in a area where WIC is available.

To find out if you qualify, call 573-751-6204.

For more information on WIC, visit health.mo.gov/living/families/wic