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

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.