



# HERE FOR YOU AND YOUR FAMILY



## WIC provides:

- Healthy food.
- Nutrition counseling.
- Healthcare referrals.
- Breastfeeding promotion and support.

## To:

- Women.
  - Pregnant.
  - Postpartum (up to 6 months).
  - Breastfeeding (up to 1 year).
- Infants.
- Children until their 5th birthday.

## CONTACT INFORMATION



Scan to see if you are eligible for WIC services