



Happy
BIRTHDAY



thrive till 5



WIC wishes your child a healthy, happy birthday!

WIC can help your child thrive and stay well until reaching the age of 5. Your local WIC clinic provides:

- Health and feeding tips to make sure your child is growing
- Education and nutrition counseling
- Referrals to resources such as Parents as Teachers
- Savings of about \$60 each month in grocery money per child

If you are breastfeeding, we hope you continue until you are ready to wean your child.

For information call 800-TEL-LINK (800-835-5465) or your local WIC office at _____.

Missouri Department of Health and Senior Services • WIC Program • 800-392-8209

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER. Services provided on a nondiscriminatory basis. This institution is an equal opportunity employer.



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