WIC is the Special Supplemental **Nutrition Program for Women,** Infants and Children.

WIC offers:

- · Personalized nutrition counseling.
- Breastfeeding counseling and support.
- Healthy, supplemental foods.
- · Referrals.
 - Medical.
 - Dental.
 - Child care.
- · Immunization screenings.

Who can get benefits?

- Women.
 - Pregnant.
 - Postpartum, up to 6 months.
 - Breastfeeding, up to 1 year.
- Infants.
- Children, up to the age of 5.

Who can enroll a child?

- Fathers.
- Mothers
- · Guardians.
- Grandparents.

Adjunct eligibility

Women, infants and children under 5 who are currently active on one of these programs are automatically income-eligible for WIC!

- · Foster children.
- SNAP participants.
- TANF participants.
- · Medicaid participants.*

*Automatic qualification is dependent upon assigned Medicaid eligibility code.

Income guidelines are based on 185% of the poverty level.

SENIOR SERVICES



1-800-TEL-LINK 1-800-835-5465 WIC.Mo.Gov WICinfo@health.mo.gov

Facebook @MissouriWIC



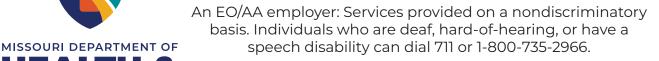
Not your mother's WIC!

- eWIC is an EBT card, not paper checks!
- No longer need to have a separate WIC transaction at the store.
- No longer have to get all monthly benefits during one shopping trip.
- More food options.
 - Brand name cereal.
 - String cheese.
 - Yogurt tubes.
- Online nutrition education.
- Mobile app called the WICShopper app.
 - Track benefits.
 - Appointment reminders.
 - Healthy recipes.
 - Much more!



Complete the online interest form to have a WIC local agency call you!





This institution is an equal opportunity provider.

