

Healthy Foods With WIC

- ▶ Milk
- ▶ Eggs
- ▶ Cheese
- ▶ Fruits and Vegetables
- ▶ Whole Grains
- ▶ Peanut Butter
- ▶ Beans
- ▶ Yogurt
- ▶ Tofu
- ▶ Infant Formula
- ▶ Infant Foods

What to Bring to Your First WIC Visit

- ▶ **Proof of identification**
Examples: Driver's license, photo ID, child's birth certificate
- ▶ **Proof of income**
Examples: Paycheck stubs or tax form
- ▶ **Proof of address**
Examples: Utility bill or recent mail with dated postal stamp

Contact your local WIC office for other options if you do not have these documents.

**Get Started Today
Find Your Local WIC Office!**



Physicians/Healthcare Providers
WIC supports maternal and child nutrition, healthy growth, and breastfeeding.

Visit www.dhs.state.il.us or call
1 (217) 782-2166 for help

***This institution is an equal
opportunity provider***



**MAKE A DIFFERENCE IN YOUR
CHILD'S LIFE WITH WIC**



Helping Illinois families grow
healthy for more than 50 years

What is WIC?

WIC (Women, Infants, and Children) is a supplemental nutrition program that helps pregnant women, new parents, and young children eat well, stay healthy, and learn good habits for life.

With WIC You Get

- ✓ Personalized nutrition assessments, counseling, and education
- ✓ Breastfeeding support from trained staff
- ✓ Nutritious foods for you and your child
- ✓ Referrals to community and health services as needed

*Thank you to WIC!
My children eat better,
and they are healthier!*

Do You Qualify for WIC?

Benefits of WIC

- ▶ Children enrolled in WIC have better outcomes in health and development.
- ▶ Through WIC, children eat healthy and nutritious foods.
- ▶ 92% of mothers with children on WIC at 42 months found nutrition education as important as the food.



To Participate You Must Meet All Four Criteria:

- 1. Category:**
Pregnant, postpartum, breastfeeding, or a parent, guardian, or caretaker who has a child under age 5
- 2. Income:**
Within WIC income guidelines
- 3. Residency:**
You must live in Illinois
- 4. Health/Nutrition Risk:**
This will be determined at your WIC appointment

WIC does not require proof of citizenship

Scan QR Code for
Income Guidelines

