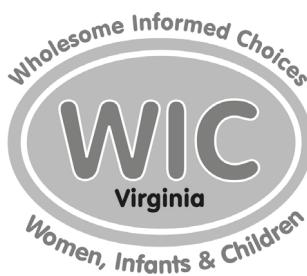


# WIC Helps

## What is WIC?

WIC is the special supplemental nutrition program for Women, Infants, and Children. WIC provides better nutrition and access to health care for pregnant women, infants, and children under 5 years of age.



## What does WIC provide?

- Nutrition education
- Breastfeeding promotion and support
- Supplemental nutritious foods
- Personalized nutrition assessments and counseling
- Screening referrals to health, welfare, and social services
- Improved pregnancy outcomes and nutritional status

## Who is eligible for WIC?

- Women who are pregnant, breastfeeding, or just had a baby, or a mother/father/grandparent/foster parent or other legal guardian of a child under the age of 5
- Infants and children up to their 5th birthday
- Residents of Virginia
- Those on Medicaid, SNAP, TANF, Free & Reduced Lunch, or otherwise meet required income guidelines:  
[www.vdh.virginia.gov/wic-participants/new-participants](http://www.vdh.virginia.gov/wic-participants/new-participants)

## How do we provide WIC services during COVID-19?

Currently, WIC services are provided by phone only. Contact your local health department for more information on the WIC Program.

**For more information:** [www.vdh.virginia.gov/wic/about](http://www.vdh.virginia.gov/wic/about)



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**Health Whys**  
A public health message from  
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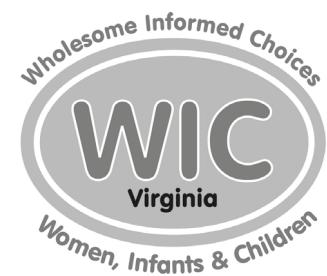
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To protect the health and promote the well-being of all people in Virginia.

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