

# Women, Infants, & Children (WIC)

## What is WIC?

WIC is a special supplemental nutrition program for **W**omen, **I**nfants, and **C**hildren. 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 recently had a baby, or a parent/grandparent/foster parent or other legal guardian of a child under the age of 5 years
- 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 found here: [www.vdh.virginia.gov/wic-participants/new-participants](http://www.vdh.virginia.gov/wic-participants/new-participants)

## How are WIC services delivered?

As of August 2023, WIC offers a hybrid service model of both in-person and over the phone appointments. Contact your local health department to make an appointment and learn more about the WIC Program.

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



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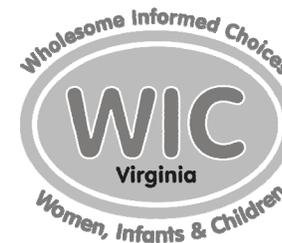
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**BlueRidgeHD.org**



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