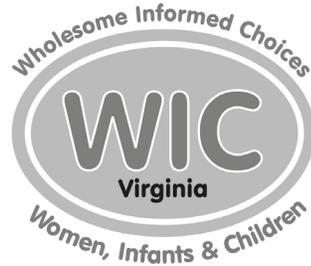


# WIC Helps

## What is WIC?

WIC is the 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 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)



Follow us on Facebook



VDH VIRGINIA DEPARTMENT OF HEALTH  
To protect the health and promote the well-being of all people in Virginia.

# WIC Helps

## What is WIC?

WIC is the 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 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)



Follow us on Facebook



VDH VIRGINIA DEPARTMENT OF HEALTH  
To protect the health and promote the well-being of all people in Virginia.