

## What are some healthy foods I can get for my family with WIC benefits?

- Milks (including soy & lactose free)
- Yogurt
- Cheese
- Formula
- Baby Food & Cereal
- Cereal
- Fruits & Vegetables
- Whole Grain Bread & Tortillas
- Juice
- Eggs
- Beans
- Peanut Butter
- Brown Rice
- Whole Wheat Pasta



## Can My Family Enroll In WIC?

WIC is for all types of families — families with married or single parents and those who are working or not working.

If you are a father, mother, foster parent or other legal guardian of a child under 5 years of age, you can apply for your child.

If you are a woman who is pregnant, breastfeeding, or has a baby up to 6 months old, you can apply for yourself.

WIC has higher income guidelines than SNAP (EBT, Food Stamps) or Medicaid, so even if you don't qualify for SNAP or Medicaid, you still may qualify for WIC.



To apply for WIC or learn about income guidelines please call **800-522-0874** to find a clinic near you.

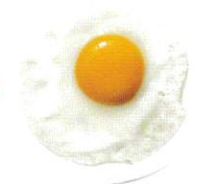
[WIC.in.gov](http://WIC.in.gov)

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This institution is an equal opportunity provider.



Building a brighter, healthier future for Indiana families



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## What can WIC offer my family?

### ✓ HEALTHY PREGNANCY

WIC helps give your baby a healthy start. Contact WIC as soon as you know you are pregnant. Through prenatal education and healthy foods, WIC can help you feed your baby long before delivery.

### ✓ NUTRITION EDUCATION

When it comes to keeping children healthy, often it's up to mom, her shopping list, and her imagination in the kitchen. With nutritionists and nurses on hand, WIC helps the whole family eat better.

## EBT Card Replaces Paper Checks

Redeeming WIC benefits is easier than ever.



**SIMPLE** - Saves time at the checkout

**CONVENIENT** - No more paper checks; card contains entire family's benefits

**EFFICIENT** - Provides freedom to purchase WIC foods individually throughout the month



### ✓ HEALTHY FOOD

At WIC, you learn what to eat while pregnant or breastfeeding, and what to feed your growing kids. You also get WIC benefits that can be used at grocery stores to help provide the right foods for your family.

### ✓ HEALTH SCREENINGS

WIC will monitor your children's height, weight, and iron so that you can be sure they are growing strong.

### ✓ REFERRALS

The WIC program goes beyond providing families with food, nutrition education, and breastfeeding support. WIC serves as a gateway to healthcare and connects families to the resources they need.



### ✓ BREASTFEEDING SUPPORT

Breastfeeding may be natural and healthy for both mom and child, but it is not always easy. WIC's breastfeeding support helps you face this challenging time with:

- breastfeeding counselors and classes
- peer groups and breastfeeding education and support
- breast pumps
- WIC's highest value food package which includes protein-rich food to ensure you have the nutrients you need while breastfeeding.

