

# Nutritious Food for Pregnant Women and Young Children

## The WIC Program

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) provides food packages worth up to \$60 per month based on income and nutritional need.

### The WIC Program ALSO provides:

- nutrition and health assessment
- breastfeeding counseling
- nutrition education
- health & social service referrals
- access to medical care

**For more information, including  
a list of WIC sites, contact  
(800) 522-5006.**



### SOME OF THE FOODS YOU CAN RECEIVE:

**infant formula | eggs | peanut butter  
milk | 100% fruit juice | cheeses |  
iron-fortified cereals  
-and-**

**Farmers' Market coupons which can  
be used to purchase  
fresh fruits and vegetables**

## WHO IS ELIGIBLE?

- pregnant women
- breastfeeding mothers
- children four years of age and younger  
- with -
- A household income at or below 185% of the Federal Poverty Level (\$37,000 per year for a family of four).



Children's Defense Fund