



WIC Program

High grocery prices getting you down? The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) may be able to help.

- * WIC helps you stretch your food budget by providing healthy foods such as milk, cheese, juice, cereal, eggs, dried beans, peanut butter, carrots, and tuna.**
- * WIC helps you learn what foods you need to eat when you're pregnant and what to feed your growing child.**
- * WIC offers breastfeeding support and can refer you to other health services.**
- * If you are pregnant, you may qualify for WIC.**
- * Young children under the age of 5 years may also qualify.**
- * You are automatically income eligible for WIC if you receive ADF, Food Stamps, Kids Connection, or Medicaid.**
- * Fathers, guardians, or foster parents may apply for WIC for their children.**
- * WIC is not a handout. It is a healthy start for your child. Any time is a good time to join WIC.**

*** * * There is a WIC clinic near you at Saratoga Elementary School, 2215 S. 13th Street. If you are currently receiving WIC at another location or wish to begin receiving WIC, call the Family Service WIC Program at 441-8655 to make an appointment.**