



## WIC + You

### Working Together to Create Healthy Families

Grant County WIC Program  
(608) 723-6416 or 1-800-338-3186  
111 South Jefferson St. Flr 2  
Lancaster, WI 53143-1672

[www.signupwic.com](http://www.signupwic.com)



Find out more about WIC  
on the internet at

[www.dhs.wisconsin.gov/WIC](http://www.dhs.wisconsin.gov/WIC)

Language interpreter services are provided at no cost.

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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

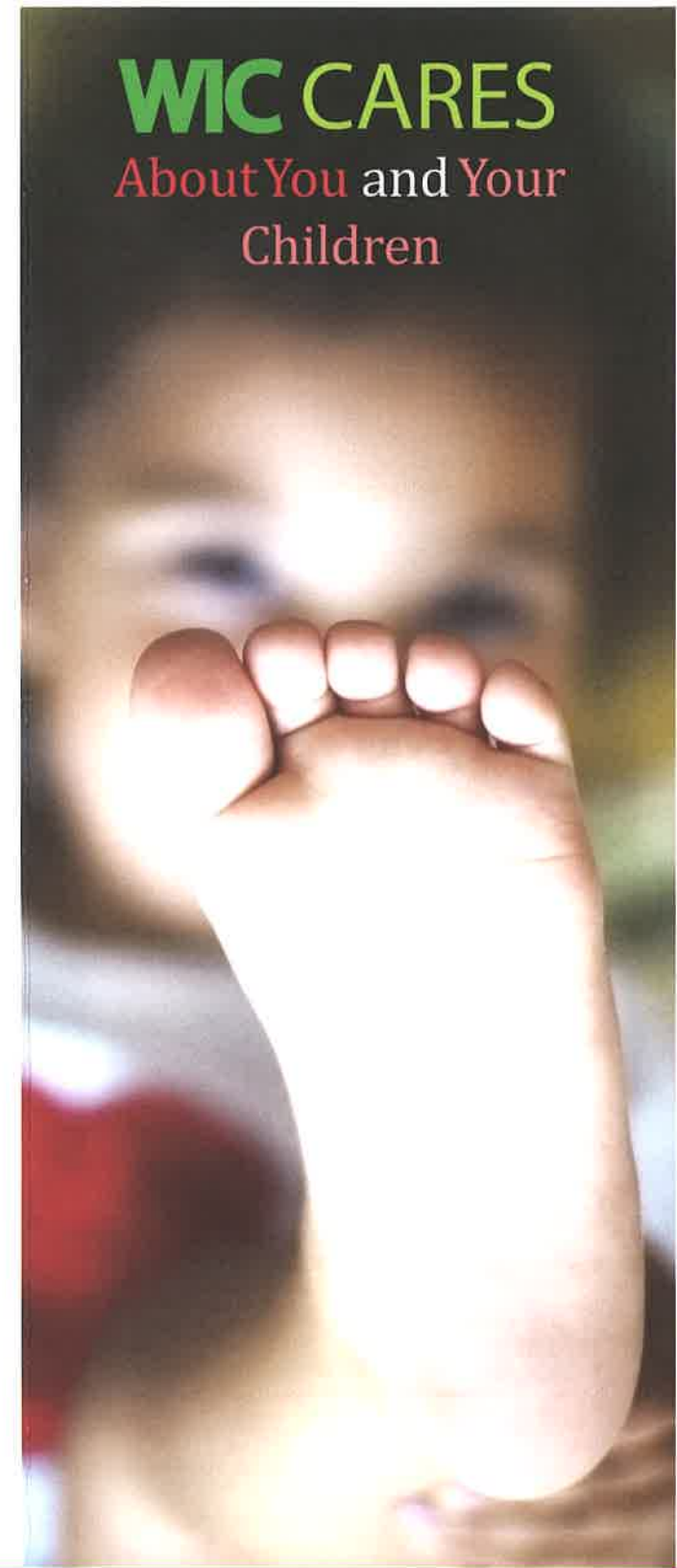
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State of Wisconsin  
Department of Health Services  
Division of Public Health  
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# WIC CARES

About You and Your  
Children



## What is WIC?

The Women, Infants and Children Nutrition Program is here to help you keep your family healthy and strong. At WIC, you'll receive:

## Help with Nutrition

A WIC nutritionist will talk with you about your family's nutrition, provide tips on planning healthy meals and shopping on a budget.

## Help to buy foods such as:

- ♥ Milk
- ♥ Fruit juice
- ♥ Peanut butter
- ♥ Fruits and vegetables
- ♥ Cereal
- ♥ Eggs
- ♥ Beans and peas
- ♥ Whole grain bread, tortillas, brown rice, and pasta
- ♥ Baby food fruits and vegetables
- ♥ Some infant formula, if needed

## Support for Breastfeeding

Breast milk is the healthiest food for your baby. At WIC, you'll learn how to continue to breastfeed as you return to work or school, and how to obtain and use a breast pump. Moms who breastfeed their babies will get even more food.

## And That's Not All!

We'll also provide you with information on doctors, dentists, FoodShare, Head Start, BadgerCare Plus, and other helpful services.



*July 2018 through June 2019 (A pregnant woman counts as two family members. Income guidelines are revised every July.)*

## Are You Eligible for WIC?

You may qualify if:

- ♥ You live in Wisconsin
- ♥ You are pregnant, breastfeeding or have had a baby in the past six months
- ♥ You have an infant, or children under age 5
- ♥ You or your children have a health or nutrition need
- ♥ All the income coming into the home (before any deductions) is less than or equal to WIC income guidelines

Many working families qualify for WIC. The program uses the same income criteria as free and reduced-price school lunches. You are income eligible if you receive Kinship Care, W-2 or FoodShare. You may be income eligible if you currently receive Medicaid or BadgerCare Plus.

Fathers, guardians or foster parents may apply for WIC for their children.



## APPLY FOR WIC

You'll be glad you did! WIC moms eat better and have healthier babies. Infants born to WIC moms grow and develop better. Children on WIC eat healthier foods and are better prepared for school.

Everyone wins with WIC!

To apply, make an appointment at your local WIC office. To find the WIC clinic closest to you, visit [www.dhs.wisconsin.gov/wic](http://www.dhs.wisconsin.gov/wic), [www.signupwic.com](http://www.signupwic.com), or,

call the Well Badger Hotline at 800-642-7837 for information on WIC and additional health services. TTY and interpreter services available

