

# What is WIC?

WIC provides nutritious foods, nutrition education, breastfeeding support, and referrals to health and other social services to participants at no charge.

## WIC food packages include:

- Fresh fruits and vegetables
- Milk and Cheese
- Eggs
- Peanut Butter
- Beans
- Whole grains
- Cereal



WOMEN, INFANTS & CHILDREN

# Who Can Qualify for WIC?

Women who are pregnant, postpartum or breastfeeding

Infants or children up to the age of 5

Families who have a moderately low income or are already receiving TANF, Medicaid or SNAP benefits

A variety of families can qualify for WIC:

- Single and Married families
- Working or not working
- Mothers and Fathers
- Grandparents
- Foster parents
- Legal Guardians

Starting healthy habits,  
growing brighter futures



# WIC Services Include

## Nutrition Education

We will help your family create healthy habits and reach your family's nutrition goals with healthful tips, recipes and support.

## Nutritious Food

We will show you how to create healthy, affordable meals with the WIC Food Package by focusing on whole grains, fruits, vegetables and low-fat dairy.

## Breastfeeding

Breastfeeding is the best way to feed your newborn. We offer breastfeeding support, education and counseling.

## Community Referrals

We want you to have the community and healthcare assistance you need. We provide referrals for immunizations, health care and other programs.

## Counseling

Parents often worry about their child's eating habits. Our qualified nutritionists and staff can give you professional nutrition and wellness advice.

## Health Screening

Tracking your child's growth will help you understand their health and development.

For more information  
1-800-8-NEV-WIC  
[www.nevadawic.org](http://www.nevadawic.org)

