



WIC — Nutrition Program for Women, Infants and Children

WIC provides food and nutrition services to pregnant women, new mothers, infants and young children. Over one third of all pregnant women in Wisconsin and nearly one quarter of infants and preschool children participate. The value of a monthly food package averages about \$50 per person and over \$120 per month for infants.

ELIGIBILITY

Am I or My Children Eligible?

The **WIC** program is available to many low and moderate income mothers, infants and children. You (or your children) may be eligible if:

- You are one of the following:
 - a pregnant woman;
 - a mother who is breastfeeding;
 - a mother who has had a baby in the last 6 months;
 - an infant or child under age 5.
- You meet WIC income limits. There are no asset limits.

What are WIC Income Limits?

WIC staff will help you determine income eligibility. Participation in some programs makes people automatically income eligible for WIC.

BENEFITS

What Does WIC Provide?

WIC PROVIDES checks for specific foods that can be used at participating grocery stores, pharmacies, and farmer's markets. Food packages are tailored to individual needs, and may include milk, cheese, eggs, peanut butter, infant formula, cereal, juice, dried or canned beans and peas, tuna, salmon, whole grain bread, tortillas, or rice; a variety of fruit and vegetables and baby food.

How Can WIC Benefits My Kids?

CHILDREN ON WIC eat more nutritious foods. Infants born to mothers who receive WIC weigh more and grow better. WIC participation may improve infant memory as well as test scores of pre-school children.

Are Other Services Available?

YES, WIC staff conduct health screenings, provide nutrition education, breastfeeding education and support, and will check your child's immunizations. Staff may also refer you to other health services.

APPLICATION

Iowa County residents can contact WIC at (608) 935-2326 ext 204 or at their office at SWCAP, 149 N Iowa St., Dodgeville WI 53533. More information is also available online at <http://www.dhs.wisconsin.gov/wic/index.htm> You can find out if you may be eligible by contacting the **ACCESS** website on the internet at <http://www.access.wisconsin.gov>