

# W.I.C.

## Women's, Infant's and Children Food Supplement Program



### Smart Choices = Healthy Families

W.I.C. is a food, health and nutrition supplement program that provides pregnant women, breastfeeding mothers, infants, and children up to age 5:



- milk, eggs, beans, cheese
- juices, infant formula
- breastfeeding education
- peanut butter, cereals
- carrots/tuna (breastfeeding)
- nutrition education
- fresh fruits/vegetables at area farmer's markets

The average monthly WIC package is worth about \$100!!

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The extra money you save with W.I.C. helps you buy even more healthy foods for you and your family!

#### WIC Income Guidelines (Effective 5/12/14)

Family Size	Annually
2	\$29,101**
3	\$36,612
4	\$44,123

Add \$7,067 - each additional member \*\*Pregnant mom equals 2!

This institution is an equal opportunity provider.

### Chippewa County Health Department



Caring for You Since 1936  
Home Health  
Personal & Family Health  
Environmental Health

Put yourself in our hands.  
Together, we can make a difference!  
635-1566  
www.chippewahd.com

How do I apply for WIC?  
Call 635-1566