YOU have questions... WIC has answers!

- What should I eat during my pregnancy?
- I want to breastfeed – how do I get started?
- My toddler is such a picky eater – what do I do?
- How can I get my children to eat more fruits and vegetables?
- How can I help my children maintain a healthy weight?

WIC can help you achieve a healthy start to your pregnancy and your child's nutrition!

WIC is part of a network of services for Pennsylvania's families, including working families. You may qualify and not know it! The **WIC** staff can help you find all the services you need to build a healthy family.

Call 1-800-WIC-WINS (1-800-942-9467) or scan the QR Code to learn more!

www.pawic.com

pennsylvania
DEPARTMENT OF HEALTH

WIC is funded under contract with the PA Department of Health using funds provided by the U. S. Department of Agriculture.
USDA is an equal opportunity provider and employer.

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WIC & YOU:
MAKING HEALTHY CHOICES
TOGETHER

Pennsylvania Special Supplemental Nutrition Program for Women, Infants and Children

1-800-WIC-WINS

"I encourage my friends to get WIC. At WIC, we talk about health and nutrition, and I love getting information on how my child is growing!"

~WIC Mom~

The **Pennsylvania WIC Program** has helped families like this **WIC** mom for over 40 years.

WIC is for all kinds of families! If you are a mother, father, grandparent, foster parent or legal guardian of a child under age 5, you can apply for the child.

Who can receive WIC?

- **W**omen who are pregnant, breastfeeding or recently had a baby
- **I**nfants
- **C**hildren under age 5

You must live in Pennsylvania and not exceed these household income guidelines.

FAMILY SIZE	*MONTHLY (Approx.)	*YEARLY
1	$1,814	$21,775
2	$2,455	$29,471
3	$3,097	$37,167
4	$3,738	$44,863
5	$4,379	$52,559

For each additional family member, add:

	$642	$7,696

*Gross income effective July 1, 2015

Unborn babies are counted in family size. Foster children are eligible. MA, TANF and SNAP clients are eligible, but they must provide income documentation. WIC does not require proof of citizenship.

WIC foods are good...

Photo © Texas Dept. of State Health Services

...for your health.

...for your family.

...for your budget.

"I can't believe all the extra foods I receive from WIC because I am breastfeeding my baby. The WIC staff give me support, and I don't know what I would do without WIC!"

~WIC Mom~