



# Facts About WIC

## What is WIC?

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a federal assistance program of the Food and Nutrition Service of the United States Department of Agriculture and is administered by the Michigan Department of Health and Human Services.

The Michigan WIC Program operates through local health departments and non-profit organizations in all 83 Michigan counties, to serve low- and moderate-income women, infants, and children at nutritional risk.

## WIC Provides

**WIC Foods** may be purchased using electronic benefits at many stores.

- ◆ **Women and children** may receive milk, cheese, yogurt, eggs, soy beverages, juices, hot and cold cereals, peanut butter, fresh fruits and vegetables, brown rice, whole wheat/whole grain breads, buns, pasta, soft corn and whole wheat tortillas, canned or dry beans, peas and lentils. Breastfeeding women may also receive canned fish.
- ◆ **Infants** partially breastfed or non-breastfed may receive infant formula.
- ◆ **Infants 6 months old** may receive cereals, fruits, vegetables and meats.
- ◆ **Women, infants and children** with qualifying medical conditions may receive special formulas.

Stores that stock WIC foods make nutritious foods accessible to the community.

**Nutrition Education:** All WIC clients, parents or their caregivers are offered nutrition education. Clients with high-risk nutrition issues are offered nutrition counseling services by a registered dietitian (RD/RDN). Topics may include infant feeding, food shopping, meal planning, making healthy food choices and weight management.

**Breastfeeding Support:** WIC recognizes breastfeeding as the optimal way to nourish infants. WIC provides breastfeeding support for mothers through classes, peer counseling, support groups and supplies.

**Referrals:** WIC clients are referred to appropriate **health and social services**, such as Medicaid, MI-Child, Healthy Kids, SNAP, immunizations, child health screening, family planning and Project FRESH.



## Who Can Get WIC?

### Women:

- Pregnant (and up to six weeks after infant's birth or end of pregnancy)
- Breastfeeding (up to infant's first birthday)
- Post-partum (up to six months after infant's birth or end of pregnancy)

**Infants:** Birth to their first birthday

**Children:** One year of age to their fifth birthday



## Benefits of WIC

- Reduces** fetal deaths and infant mortality.
- Reduces** low birthweight rates and increases the duration of pregnancy.
- Improves** growth of nutritionally at-risk infants and children and intellectual development of children.
- Decreases** incidence of iron deficiency anemia in children.
- Improves** dietary intake in pregnant and post-partum women and appropriate weight gain in pregnant women.
- Helps** pregnant women receive prenatal care earlier.
- Helps** children have more up to date immunizations.

## Find Out More About WIC

**Call your local WIC agency for more information  
OR**

**Call 211 to find your nearest WIC clinic.**

**Visit Michigan WIC: [www.Michigan.gov/WIC](http://www.Michigan.gov/WIC)**

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