

# Connect with WIC today:

Ninth Street WIC Clinic:

Moana WIC Clinic:

Incline Village WIC Clinic:

Visit us at: [www.washoecounty.gov/wic](http://www.washoecounty.gov/wic)

Scan this QR code or visit our website to access the WIC interest form:



*This institution is an equal opportunity provider.*

# WHAT IS WIC



EMPOWERING FAMILIES  
WITH FOOD, NUTRITION  
EDUCATION, AND MORE

WASHOE  
COUNTY  
HEALTH  
DISTRICT  
ENHANCING  
QUALITY OF LIFE

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## WHAT IS WIC?

WIC is the nation's most successful public health nutrition program. WIC provides nutritious foods, nutrition education, breastfeeding support, and referrals to health and other social services to participants at no charge.

Families who meet the income and eligibility guidelines or are already receiving TANF, Medicaid or SNAP benefits qualify for WIC. That includes single or married parents, grandparents, foster parents and legal guardians.

## WHO IS ELIGIBLE?

- Pregnant individuals
- Birth-parent of infant(s) up to 6 months old
- Individuals who are breastfeeding infants up to 12 months old
- Infants and children up to 5 years old

## WE'RE HERE FOR YOU



### HEALTHY FOOD + NUTRITION TIPS

**We help you feed your kids nutritious meals.**

**We provide:**

- Monthly benefits to buy fruits, vegetables, whole grains, iron-rich foods, milk, cheese, yogurt, formula and more
- An EBT card and smartphone app to make shopping for WIC foods easy
- Tips on how to shop for healthy food, how to cook it, and how to encourage your kids to eat it
- A larger food package for parents who breastfeed exclusively to help them stay healthy



### A COMMUNITY OF SUPPORT

**We offer a network of experts and peers for education and guidance:**

- Nutritionists
- Lactation specialists
- Breastfeeding supplies including breast pumps



### REFERRALS

**We introduce you to care beyond WIC, including:**

- Healthcare professionals such as pediatricians and dentists
- Immunization services
- Other services