



**WICMOMSTRONG.COM**



State of Wisconsin  
Department of Health Services  
Division of Public Health  
P-03118B (11/2022)

This institution is an equal opportunity provider.

# WIC + YOU

The Women, Infants and Children (WIC) nutrition program is here for you! Families that get FoodShare also meet the income requirements for WIC. Apply today if you are pregnant or have a child under age 5. Grandparents and foster parents caring for a child under age 5 can also apply.

## WIC provides:

- Help buying healthy foods.
- Education on nutrition, planning healthy meals, and shopping on a budget.
- Breastfeeding education and support.
- Referrals to doctors, dentists, and other community resources.

**Be Mom Strong in no time, visit [wicmomstrong.com](https://wicmomstrong.com) to apply!**