

JOIN WIC

Not sure if you are eligible? WIC's income guidelines are higher than many people think. You can join WIC as soon as you find out you're pregnant. You'll receive food benefits right away, along with nutrition support from a registered dietitian, breastfeeding education and connections to helpful community resources.

TO QUALIFY

- Be a pregnant or recently pregnant person, infant or child younger than 5.
- Meet income guidelines.

Visit newmbridges.michigan.gov to see if you qualify for WIC services.

Please refer to [fns.usda.gov/wic/wic-eligibility-requirements](https://www.fns.usda.gov/wic/wic-eligibility-requirements) for complete guidelines and eligibility.

FIND YOUR WIC CLINIC

Visit Michigan.gov/WIC, download the *WIC Connect* mobile app or call 211.

BRING TO FIRST APPOINTMENT

- Proof of income and/or Medicaid card.
- Identification for applicant (such as a driver's license or birth certificate).
- Proof of applicant's address.
- Proof of pregnancy, if available (for pregnant people).



GET PREPARED

Download a free mobile app to prepare for baby's birth. Search for *Coffective* in the app store to get started.

Michigan.gov/WIC

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This institution is an equal opportunity provider.

The Michigan Department of Health and Human Services (MDHHS) does not discriminate against any individual or group on the basis of race, national origin, color, sex, disability, religion, age, height, weight, familial status, partisan considerations, or genetic information. Sex-based discrimination includes, but is not limited to, discrimination based on sexual orientation, gender identity, gender expression, sex characteristics, and pregnancy.

Spanish	ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-942-1636 (TTY 711).
Arabic	ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-942-1636. (رقم هاتف الصم والبكم: 711).



TOGETHER
GROWING
STRONGER
FAMILIES



WHAT IS WIC?

The Women, Infants and Children program is a nutrition program that helps people who are pregnant or were recently pregnant, people who are breastfeeding, infants and children up to 5 years old eat well, be active and stay healthy.

WIC PROVIDES

- Nutrition education.
- Breastfeeding support and education.
- Nutrition counseling.
- Referrals to health care, immunizations and other programs.
- WIC EBT card to buy healthy food.



HEALTHY FOODS

- Milk
- Fruits & vegetables
- Juice
- Eggs
- Cheese
- Yogurt
- Cereal
- Beans, lentils or peas
- Peanut butter
- Fish
- Whole grains
 - Whole wheat pasta
 - Tortillas
 - Bread/buns
 - Brown rice
 - Oatmeal
- Baby food & cereal
- Soy beverage (for clients with special dietary needs)

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WIC SUPPORTS BREASTFEEDING

- Breastfeeding parents get more WIC foods than non-breastfeeding parents, including fish.
- Breastfeeding parents not only get more food, they are also able to stay on the program longer.
- At 6 months, breastfed babies receive infant meats and more fruits and vegetables.

GET SUPPORT

WIC is here to offer the information and support you need to have a positive breastfeeding experience.

WIC provides:

- Support after hospital discharge, by phone and in-person.
- Breastfeeding peer counselors who are available when you need them, by phone or text, including outside of regular clinic hours.
- Group classes.
- Online education.
- One-on-one support from lactation consultants and registered dietitians.
- Referrals to other helpful resources.



A HELPING HAND

You work hard to raise a healthy family and WIC is here to support you during this time in your life.

WIC can help you:

- Prepare for the birth of your baby.
- Reach your breastfeeding goals.
- Make sense of your baby's crying, sleeping and eating behaviors.

PUMPS

WIC is here to support you with breastfeeding and pumping. WIC provides breast pumps to eligible clients after the birth of the baby. WIC can also help by providing information on:

- What to expect when pumping.
- Making sure your pump fits correctly.
- Using and cleaning your pump and milk storage.
- Going back to work/school and making a pump plan.
- Knowing your rights about pumping at work.