

Feed Your Family Well

The WIC program helps families like yours start strong and stay strong. We start by giving your family FREE nutritious food. But WIC is much, much, more than food!

Who is Eligible for WIC?

- Pregnant women
- New moms (up to six months after delivery)
- Breastfeeding moms (up to one year after delivery)
- Infants
- Children up to the age of 5

Lots of families who don't think they qualify actually do!

There are WIC programs all over Michigan and the US. The Health Department of Northwest Michigan serves residents in Antrim, Emmet, Charlevoix, and Otsego counties. You must meet income guidelines, which usually change every year. Go to www.michigan.gov/wic for current income guidelines. Women and children enrolled in Medicaid and/or SNAP automatically qualify. So do foster children.



How Does WIC Work?

You must schedule an appointment to be enrolled in WIC. At your appointment, you and/or your children will be weighed and measured, and have a drop of blood tested to check your health. You will talk to a nurse and other health professionals about nutrition, growth and development, and healthy lifestyles for growing families. You get your food benefits the same day you enroll.

WIC Foods

WIC foods are provided on a Michigan Bridge card, which works just like a debit card. WIC will deposit healthy foods into your account each month. WIC Bridge cards can be used at thousands of grocery stores in Michigan, including the major chain stores like Meijer, Wal-Mart, Glen's, and Oleson's.

WIC provides the following healthy foods:

- Low-fat milk, cheese, and soy products
- Eggs
- Dried and canned beans and peanut butter
- Whole-grain cereals and whole-grain bread
- Real fruit juice
- Brown rice and whole-grain tortillas
- Canned tuna and salmon
- Fresh fruits and vegetables
- Infant foods, such as cereals, meats, vegetables and fruits



What Else Does WIC Do?

WIC is all about breastfeeding. We think breastfeeding is the normal thing to do and will help provide the information and support you need to get started. For moms who choose not to or are unable to breastfeed, WIC provides infant formulas (choices are limited). But wait — there's more!

- WIC provides immunizations and helps you keep track of your child's immunization records.
- WIC has the real answers about diet and nutrition...go ahead and ask!
- WIC can help you find health insurance.
- WIC can get you linked into some amazing services in your community, including stuff you might not know about!
- WIC gives you the chance to sit down with a Registered Dietician, something most insurance plans don't cover.
- WIC provides blood lead testing.
- WIC provides Fluoride Varnish Treatments and helps you give your child good oral care.



Where Do I Go?

The WIC program has locations throughout Antrim, Emmet, Charlevoix, and Otsego county. Call 1-800-432-4121 to find the location that serves your area.

Breastfeeding Help

We want your breastfeeding experience to be amazing! Breastmilk is one of the most important things you will ever give your baby. Priceless, really, and very, very cool.

We pledge to help you with breastfeeding by offering:

- Trained staff
- Breastfeeding materials
- Breastfeeding peer counselors (moms with experience)
- Breast pumps—all kinds!
- A supportive environment



WIC Foods...

Help Pregnant Women be healthy and have...

Healthy Babies who grow into...

Healthy Infants who become...

Healthy Children in our communities!

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- (1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

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WIC



800-432-4121
www.nwhealth.org