

# You May Qualify for WIC Benefits!

## Check your eligibility today

The Special Supplemental Nutrition Program for Women, Infants, and Children provides several important benefits that help you and your family lead healthier lives.

Your service to our country deserves the best support. Let WIC be part of your family's health and nutrition.



### Who is Eligible?

- ✓ Check the USDA to see if you are eligible and how to apply.
- ✓ Pregnant, postpartum, and breastfeeding individuals.
- ✓ Infants and children up to age five.
- ✓ Families who meet income guidelines (your military income may qualify!).

### What Does WIC Provide?

- ✓ Healthy foods tailored to your family's needs.
- ✓ Nutrition education to help you make the best choices for your loved ones.
- ✓ Breastfeeding support and referrals to health and social services.

USDA Check if you're Eligible and How to Apply

