



**WIC** is a food assistance program for Women, Infants, and Children. It helps pregnant women, new mothers and young children eat well and stay healthy.

### **WIC can provide:**

- A WIC EBT card to purchase special healthy foods - like fruits & vegetables, milk, juice, eggs, cheese, cereal, whole grains, dry beans or peas, and peanut butter
- Information about nutrition to help you and your family eat well and be healthy
- Information and help about breastfeeding
- Help in finding health care and other services in your area

### **Who can receive these services?**

Women and their children who are:

- Pregnant, breastfeeding or just had a baby
- Infants and Children under 5 years old (including foster children)
- Families with a low to medium income

### **Sangamon County Health Department**

Women, Infants, and Children

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