

Tell your friends
and family – WIC
has openings!



WIC is
The Nutrition
Program for
Women,
Infants and
Children



If you are pregnant or have a child under 5 Go Get WIC!

With WIC you can get monthly checks for up to \$100 worth of healthy foods when two in your family are enrolled. Each person on WIC gets checks to buy up to \$50 worth of healthy foods.

WIC offers breastfeeding support
and nutrition tips too.

WIC income guidelines per month:

- Family of 2* earning up to \$2,268
- Family of 4* earning up to \$3,446
- Family of 6* earning up to \$4,624

On medical coupons/Healthy Options?
You are income eligible for WIC.

*Include each unborn child in family size.

Getting WIC will not affect your immigration status.

It's easy to apply. No paperwork, no hassle.

Call 1-800-322-2588

Visit www.ParentHelp123.org



WithinReach
essential resources for family health

Washington State Department of
Health

This institution
is an Equal
Opportunity
Program