

Welcome to WIC

WHAT WOULD YOU LIKE TO TALK ABOUT WITH THE NUTRITIONIST OR NURSE TODAY?

Pick a topic below or suggest a topic to discuss today.

Baby's First Foods



Bottle Feeding



Making Baby Food



Is My Baby Getting Enough to Eat?



Baby's Growth



Portion Sizes



Mealtime Problems



Picky Eaters



Active Play



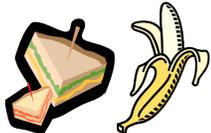
Drinks for Kids



"My Child is constipated"



Child-Friendly Snacks



Eating on the Run



Weight Gain



Getting Back in Shape



"I'm feeling sad."



Breastfeeding



What to Eat during Pregnancy



Discomforts of Pregnancy



Birth Control



Health Care Information



Recipes with Fruits & Vegetables



Substance Abuse



"I'd rather talk about....."