

Making Healthy Choices Together

WIC's healthy foods and helpful tips can give your family more opportunities for a healthy start. You may be wondering:

- What should I eat during my pregnancy? How much weight should I gain?
- Is any alcohol or smoking safe while I am pregnant?
- I want to breastfeed – how can I get started?
- When can I start feeding my baby cereal and juice?
- My toddler is such a picky eater – what do I do?
- How can I get my children to eat fruits and vegetables?
- When does my baby need to give up the bottle and how can I do it?



Learn More

The 2009 expansion of the food choices in the **WIC** program provides more opportunities for you to choose what's best for your health and the health of your family.

Don't forget that **WIC** is part of a network of services for Pennsylvania's families. The staff can help you find all the services you need to build a healthy family.

Let **WIC** help you achieve a healthy start to your pregnancy and your child's nutrition.

Call 1-800-WIC-WINS
to find out more.

www.pawic.com

[www.health.state.pa.us/
familyhealth](http://www.health.state.pa.us/familyhealth)



WIC & YOU: MAKING HEALTHY CHOICES TOGETHER

Pennsylvania Special Supplemental
Nutrition Program for Women,
Infants & Children



Changes Are Coming!

All moms and moms-to-be can learn more about which foods to choose for a healthy pregnancy and a healthy family. And we're not just for moms! **WIC** also helps fathers of young children, grandparents and foster parents who are the legal guardians of young children. For more than 35 years, the **WIC** program in Pennsylvania has helped families like yours get the foods and information you need to help your children learn and grow.

WIC & YOU

We're here to help you take charge of your health and the health of your children.

The WIC program provides wholesome foods, nutrition education as well as helpful tips and information to become a partner for good health -- for you, your baby and your children.

We also help moms learn how to breastfeed and provide nutrition for their baby's body and mind.

Beginning in 2009, we will offer healthy new food options in addition to the foods **WIC** is known for. The new food options include:

- Whole grains - whole wheat bread/rolls, brown rice, oats, or soft tortillas
- Soy milk and tofu
- Fruits and vegetables
- Jarred baby foods
- Canned beans
- Pink salmon or sardines*

* For fully breastfeeding women only

WIC uses what studies show are good nutritious foods and helps you decide what's best for your pregnancy, your baby and your children.

WIC's nutrition specialists provide information and breastfeeding support so that you can make the best decisions for yourself and your children.

