WIC & YOU:

MAKING HEALTHY CHOICES TOGETHER

The WIC Supplemental Nutrition Program provides new opportunities for you to choose what's best for your health and the health of your family.

Have you heard about the new WIC foods?

New food options include:

- jarred baby food
- whole wheat bread/rolls
- brown rice
- oats
- whole wheat/corn soft tortillas
- soy beverage & tofu
- fruits & vegetables
- canned beans
- pink salmon & sardines

And remember, we're not for moms only!
WIC also helps fathers, grandparents, and foster parents who are the legal guardians of young children.

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

www.pawic.com

WIC is a program of the Pennsylvania Department of Health with funds from the United States Department of Agriculture.
WIC is an equal opportunity provider.

WIC pennsylvania DEPARTMENT OF HEALTH