

Do you have kids under 5?

join **WIC** today!

Save money on groceries
eWIC card is fast and easy to use



WIC makes a difference for women, infants, and children!

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WIC makes a difference for women, infants, and children!

WIC helps women, infants, and children to be healthy by giving them:

- Healthy foods at no cost
- Nutrition counseling and education
- Breastfeeding support and breast pumps
- Referrals to other programs



Who can use WIC?

- Women who are pregnant, breastfeeding, or just had a baby
- Infants and children up to their 5th birthday

Find out if you meet the income guidelines, and make your appointment today!

Call **(434) 972-6200**, option 4
Visit **www.wicva.com**
Citas disponibles en español



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