Do you have kids under 5?

join **WIC** today!

Save money on groceries

eWIC card is fast and easy to use

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

- Healthy foods at no cost (milk, eggs, cheese, cereal, fruit, veggies, baby formula, and more)
- 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

WIC
WOMEN, INFANTS AND CHILDREN

THOMAS JEFFERSON HEALTH DISTRICT

WIC is an equal opportunity provider.

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