

# Tell a friend about WIC!

Do you know someone who is pregnant or has kids under age 5?  
*Share this card to tell them about WIC!*



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

**Why you should join WIC:**

- Save money on groceries – \$43 to \$182 each month!
- 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, fruits, 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 5<sup>th</sup> 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 is an equal opportunity provider.