

# WIC

**A nutrition program for pregnant women, new and breastfeeding moms, and children under the age of 5.**

## **WIC is...nutrition education**

Kid-friendly recipes, feeding your children, and ideas to improve your family's health and nutrition

Nutrition advice for children with food allergies

One-on-one appointments with a nutritionist at no cost to you

Ideas about how to be active together as a family

## **WIC is...breastfeeding support**

Information about the special benefits of breastfeeding including free breast pump

One-one-one appointments with a lactation consultant or peer counselor

Opportunities to connect with other WIC moms who are breastfeeding

Information and resources to help you keep breastfeeding after going back to work or school

## **WIC is...monthly checks for healthy food**

Monthly checks for healthy food like milk, cereal, fruits and vegetables

Summer time Farmer's Market vouchers for fresh fruits and Vegetables

Checks for iron-fortified formula for non-breastfed babies

Checks for baby foods. Cereals, fruits and vegetables

## **WIC is...health screenings and referrals**

Measuring growth, height, weight, and blood iron levels, Immunization screenings

Referrals to other services such as:

- Medical care and health insurance
- Basic food program
- Local food banks
- Dental care
- Temporary Assistance to Needy Families (TANF)
- Family planning clinics

**\*\*\*Call to schedule an appointment to see if your family qualifies\*\*\***

**Vancouver: 360-397-8459 Battle Ground: 360-687-7126 Washougal: 360-835-7802**

State of Washington WIC is for women, infants and children, provided they are on nutrition risk and cannot afford to buy nutritious food because of low family income. The program provides various benefits that include referral to other services, nutrition education, and healthy food supplies. The participants receive checks and vouchers that can be used to buy food. They also receive classes and one-on-one counseling to understand nutrition and its link with mental and physical growth. The program provides these benefits at a critical time for women and children to ensure that they grow into strong and healthy individuals through supply of nutrition food.

The program doesn't only provide nutrient-rich foods but also provides support for women and children. It promotes breastfeeding through one-on-one counseling and supply of equipment. Breastfeeding women also receive additional supplies of nutrient-rich foods so that they can stay strong and feed their babies without disturbing nutrient level in their blood. The program provides brochures and other informative material for breastfeeding women.

State of Washington WIC participants receive checks to buy food from designated stores. They can buy milk, cheese, meat, poultry, eggs, whole grain, peanut butter, juice, vegetable, fruits, and infant food such as cereals and formula. WIC also provides checks for buying foods at Farmer's Market through Farmer's Market Nutrition Program. These markets are available in summer and provide fresh fruits and vegetables.

State of Washington WIC also helps participants with nutritious education so that they can use foods in a way that it improves their family health. The program will help participants understand connection between nutrients and growth, both physical and mental. Breastfeeding mothers will also receive support and equipment so that they can continue breastfeeding for as long as their children need it. The program also helps participants remain active in life by choosing better lifestyle options.

To apply for program, applicants will have to get an appointment and then go through an eligibility screening process. [www.benefitsapplication.com](http://www.benefitsapplication.com)

## **Eligibility Requirements**

State of Washington WIC is only available to certain low-income individuals and families. The program addresses:

- Women (pregnant, postpartum, breastfeeding)
- Infants up to the age of 1 year
- Children up to the age of 5 years

Those falling within these categories will additionally need to meet the following two requirements:

- Have to be a resident of State of Washington
- Have to meet income guidelines

Services	Location	Contact Information
MSS—Maternity Support Services	Battle Ground	(Independent Mobile Site) 701 East Main Street Battle Ground, Washington 98604 P: 360-213-1340 F: 360-687-6794
MSS—Maternity Support Services	Salmon Creek	Vancouver Women's Health Center 14508 NE 20th Ave. 3rd Floor Vancouver, Washington 98671 P: 360-892-0280
MSS—Maternity Support Services	Vancouver	5411 E Mill Plain Blvd., Suite 28 Vancouver, Washington 98661 P: 360-852-9092 F: 360-397-4368
MSS—Maternity Support Services	Vancouver Delaware	Vancouver Medical Clinic 7410 East Delaware Lane Vancouver, Washington 98664 P: 360-852-9092 F: 360-397-4368
MSS—Maternity Support Services	Washougal	Washougal Social Services Center (Independent Mobile Site) 1702 C Street Washougal, Washington 98671 P: 360-852-9092 F: 360-397-4368
WIC—Women, Infants and Children	Battle Ground	(Independent Mobile Site) 701 East Main Street Battle Ground, Washington 98604 P: 360-687-7126
WIC—Women, Infants and Children	Vancouver	5411 E Mill Plain Blvd., Suite 28 Vancouver, Washington 98661 360-397-8459 F: 360-397-4368
WIC—Women, Infants and Children	Washougal	Washougal Social Services Center (Independent Mobile Site) 1702 C Street Washougal, Washington 98671 P: 360-835-7802 F: 360-835-2784

It's easy to apply for WIC. All you have to do is to call your local WIC clinic and schedule an appointment to see if you qualify. Or apply on line at [www.benefitsapplication.com](http://www.benefitsapplication.com).