

who is **WIC** for ?

women

who are pregnant, breastfeeding or have given birth in the last six months



infants

from birth to one year of age

children

one year of age to their 5th birthday

what does **WIC** provide?

nutrition education

nutrition assessment, one-on-one counseling, breastfeeding support and Medical Nutrition Therapy

supplemental foods

healthy foods and infant formula for your family

health services

referrals to other health and social services within the health department and in the community

contact us

You can get more information on our WIC program, or set up WIC appointments here:

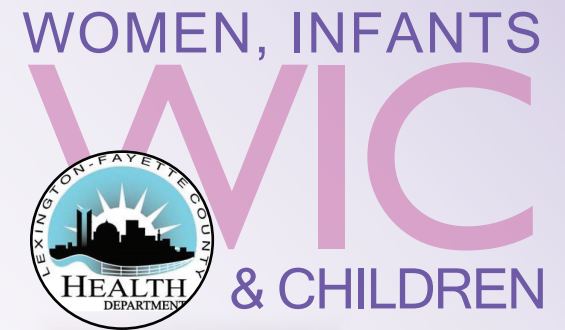
Public Health Clinic

650 Newtown Pike
(859) 288-2483

WIC is an equal opportunity program. Persons who believe they have been discriminated against because of race, color, national origin, sex, age or disability should write to the Secretary of Agriculture, USDA, Washington D.C. 20250.



www.lexingtonhealthdepartment.org



a special supplemental food and nutrition program

Lexington-Fayette County Health Department

welcome to WIC

WIC saves lives and improves the health of nutritionally at-risk women, infants and children.

what will i learn?

Our program provides information and suggestions in order to meet your family's needs.

women

- healthy eating while pregnant
- healthy eating after having a baby
- strategies of breastfeeding
- how to meet your individual nutrition needs

infants

- how to feed your baby
- how to keep your baby healthy

children

- how to feed your growing child
- how to make healthy choices for your child



how do i qualify?

To qualify for WIC, you need to:

- receive Medicaid, food stamps, KTAP
- have a household income at or below 185 percent of poverty

during your visit

- you and/or child will complete a nutrition assessment
- you will talk with a nutritionist about making healthy choices for your family, and any other concerns you have
- if eligible for WIC, you will receive an EWIC card to use at stores that carry WIC foods
- you will make an appointment to return for your next follow-up appointment in 1-3 months

what should i bring to my appointment?

- photo ID
- proof of income
 - pay stub, recent tax form, unemployment check, child support information, letter from employer
- proof of residence
- Medicaid card
- child
 - if being added to the program or if visit is a certification

If already enrolled in the program, a WIC nutritionist will discuss what to bring for each visit.

