

WIC: BUILDING A HEALTHY FOUNDATION

What is WIC?

The Special Supplemental Nutrition Program for Women, Infants, and Children – also known as WIC – supports maternal and child health by providing nutritious supplemental foods, nutrition education, breastfeeding promotion and support, and referrals to important health care and other social services.



Healthy foods



Nutrition education



Breastfeeding support



Referrals

Who does WIC serve?

WIC serves pregnant and postpartum mothers, infants, and children up to age 5 who are considered nutritionally at-risk.

WIC serves
6.7 MILLION
participants per month

Nearly
40% of all
infants in
the U.S.

All 50 states, 33 tribes, D.C.,
and 5 territories

How does WIC help?

WIC is a powerful public health program, proven to help moms, babies, and young children thrive.



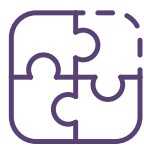
Reduces premature births, infant deaths, and low birth weights



Improves mothers' and children's diet quality



Increases preventative care and immunization rates among children



Helps boost cognitive development of infants and children



What are the WIC food packages?

WIC food packages include foods and beverages that participants specifically need, building on what they already consume and filling any nutritional gaps for a balanced and nutritious diet. USDA sets package requirements based on the latest nutrition science, and WIC state agencies determine brand and size options.



Supplemental



Nutritious



Tailored

Where can I learn more?

www.fns.usda.gov/wic