

GOOD FOOD

AND A WHOLE LOT MORE



WHAT DOES WIC PROVIDE?

- Milk
- Cheese
- Eggs
- Cereal
- Whole Grains
- Fresh or Frozen Fruits
- Fresh or Frozen Vegetables
- Fruit/Vegetable Juice
- Dried or Canned Beans/Peas
- Peanut Butter*
- Canned Fish*
- Infant Cereal
- Infant Fruits & Vegetables
- Infant Meats*
- Iron-fortified Infant Formula

*May not be available for all food packages



To find or contact a local Health Department and WIC clinic in Arkansas, visit www.healthy.arkansas.gov/local-health-units.

For information regarding Breastfeeding Services call 1-800-445-6175 or visit www.healthy.arkansas.gov/programs-services/topics/breastfeeding-information-and-support.

WHAT IS WIC?

WIC stands for Women, Infants, and Children. WIC is a nutrition program that provides nutrition and health education, healthy foods, referrals and other services to individuals who qualify.

WIC provides:

- Personalized nutrition counseling
- Nutrition education opportunities covering topics such as healthy eating and maintaining a healthy weight
- Breastfeeding support
- Healthy foods
- Referrals for medical and dental care, immunizations, health insurance, childcare, and other services



HOW DO I APPLY FOR WIC?

Call the WIC Program in your community for an appointment or call 1-800-235-0002.

If you are a parent, grandparent, foster parent or other guardian of a child under five, you can apply for WIC for your child or if you are pregnant, postpartum or breastfeeding you can apply for WIC for yourself.



You can participate in WIC if you:

- Live in Arkansas
- Have a nutritional need (WIC staff will determine this)
- Are an infant, child under 5, or a pregnant, breastfeeding or post-partum woman
- Have a household income equal to or less than WIC guidelines or receive Medicaid, ARKids, SNAP (Food Stamps) or TEA



Call: 1-800-235-0002

Click: www.healthy.arkansas.gov/programs-services/topics/wic

This institution is an equal opportunity provider.

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