

VIRGINIA WIC PROGRAM

Building a brighter, healthier future for Virginia families

WIC Offers:



- **Healthy Pregnancies**
Prenatal education and healthy foods



- **Breastfeeding Support**
 - Lactation classes
 - Peer groups
 - Breastfeeding support hotlines
 - Breast pumps



- **Nutrition Education**
with Registered Dietitians (RDs)



- **Healthy Foods**
 - Milk
 - Whole Grains
 - Cereal
 - Cheese
 - Yogurt
 - Juice
 - Eggs
 - Beans
 - Peanut Butter
 - Fruits and Vegetables
 - Baby Food and Cereal
 - Formula



- **Referrals**
WIC serves as a gateway to healthcare and connects families to resources

To Enroll:



- **Apply on behalf of a child under 5 years of age if you are a:**
 - Father
 - Foster Parent
 - Mother
 - Legal Guardian

- **Apply if you are:**
 - Pregnant
 - Breastfeeding
 - Have a baby up to 6 months old

WIC has higher income guidelines than SNAP (EBT, Food Stamps) or Medicaid

1-888-942-3663

WICVA.com

VDH VIRGINIA
DEPARTMENT
OF HEALTH



This institution is an equal opportunity provider.

WIC 54E/S WIC 31|1-2018