



GIVE YOUR FAMILY — a healthy start —

Raising a Family Can Be Challenging and West Virginia WIC is Here to Help.

WIC offers a variety of programs designed to help you and your family live a healthy life.

WEST VIRGINIA

WIC

Helps You Help Your Family



How CAN WIC HELP MY FAMILY?

Services and benefits offered:

- Personalized nutrition counseling
- Breastfeeding support
- Free, healthy food
- Healthcare referrals

Who's ELIGIBLE?

- Pregnant women
- Women breastfeeding an infant up to the infant's first birthday
- Postpartum women up to six months after delivery or end of pregnancy
- Infants up to their first birthday
- Children from age one until their fifth birthday

Applicants must also have a medical-based or dietary-based risk or condition and meet income guidelines.

WIC Shopping Is Now Easier

➔ eWIC Card

Participants can now purchase approved items using an electronic card to swipe at checkout.



➔ EBT Shopper™ Mobile App

See your benefit balance on your phone and scan items to see if they are WIC allowed.



To learn more and download the EBT Shopper App, visit EBTShopper.com.

Contact us to learn more about WIC:
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