

About WIC

WIC makes sure that your family has what they need to live a healthy life.

Providing you with basic, healthy foods assures that your family is getting the nutrition they need. Foods such as milk, cheese, eggs, juice, peanut butter, cereal and infant formula are made available for your family.

But that's not all. The WIC program also provides nutrition and health education as well as other services free of charge to pregnant women, postpartum women, infants and children up to the age of five.

WIC is for all kinds of families: married and single parents, working or not working. If you are a father, mother, grandparent, foster parent or other legal guardian of a child under five, you can apply for WIC.



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