

## **WIC helps mothers, babies, and children get the healthy foods they need.**

WIC is free and provides a chance to talk about healthy foods, feeding children, family meals, breast feeding and much more. WIC provides food including whole grains, fruits and vegetables, milk, eggs, cheese, juice, cereal, peanut butter and dry beans. Babies receive infant foods when they are six months old. Those who are not breast fed receive infant formula with iron.

WIC also helps connect you with other services you or your child may need such as shots, family planning, substance abuse services, family case management, screening for lead poisoning and healthcare for children with special needs.

### **YOU may apply to get WIC if you:**

- Are pregnant or had a baby within the past 6 months;
- Are breast feeding and your baby is younger than 1; or
- Are a parent, guardian or caretaker of an infant or child under age 5.

If you get a medical card (All Kids Assist, Share or Premium) or SNAP you may qualify for WIC even if you are working. You do not have to show U.S. citizenship or immigration papers to get WIC.

Tell your family and friends about the WIC program. Someone you know may qualify for WIC.

The Illinois Department of Human Services (DHS) website [www.dhs.state.il.us](http://www.dhs.state.il.us) has more information about WIC. For program information on the website:

- Click the picture link “**for Customers,**”
- Locate “**Most Requested Services;**”
- Click the link “**Women, Infants and Children (WIC).**”

To find the nearest WIC agency, use the DHS Office Locator at the bottom of the DHS website home page or call 1-800-323-4769. TTY callers dial direct to 1-866-295-6817. You can call the main WIC Office at 217-782-2166 during regular business hours.

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