

What is WIC?

WIC is the Special Supplemental Nutrition Program for Women, Infants and Children. In Illinois it is administered by the Illinois Department of Human Services (IDHS) and is funded by the United States Department of Agriculture (USDA).

Even if you or your family members are working, it can be hard to make ends meet. WIC can help with the right food and advice from trained staff on nutrition, health care, and immunizations.

WIC provides:

- Nutrition Assessment
- Nutrition Counseling & Education
- Breastfeeding Support
- Nutritious Foods
- Referrals to Other Services

WIC helps parents to feed their children well during critical periods of growth and development. WIC services strengthen families long after they leave the WIC program. Parents who are on WIC say:

"Thank you to WIC! My children eat better and they are healthier!"

"I'm happy that the staff takes time to listen about my concerns in breastfeeding my baby"

"It is a good program because they guide us to feed our children healthy foods."

Make plans for an appointment today!



For more information contact the Illinois WIC Program:

Monday - Friday during business hours

1-217-782-2166

To find a WIC office closest to you visit our website at:

www.dhs.state.il.us

If you have questions about any Illinois Department of Human Services (IDHS) programs, you may call the automated helpline 24 hours a day at:

1-800-843-6154

(866) 324-5553 TTY/Nextalk or 711 TTY Relay



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State of Illinois
Department of Human Services

Make a difference
in your
child's
life



For more than 40 years
the WIC program has been helping
mothers, babies and children get the
foods and information they need for
proper growth and development.





WIC may be able to help you if you...

- Are pregnant or breastfeeding
- Have an infant or children up to age 5
- Are working with limited income or have no income
- Want to improve your family's health with good nutrition



WIC provides healthy foods such as:

- milk
- eggs
- cheese
- yogurt
- tofu
- fruits and vegetables
- cereal and whole grains
- dry or canned beans/peas
- peanut butter
- iron-fortified infant formula



Are you eligible for WIC?

Four criteria must be met:

• **Category** – You must be:

A pregnant woman or breastfeeding up to one year after giving birth;

A new mother, up to six months after giving birth; or

A parent, guardian or caretaker who has an infant or child younger than 5 years of age.

• **Income**

Your annual household income must be within WIC Guidelines. bit.ly/wicprescreen

You may have a job and still meet these guidelines.

• **Residency**

You must live in Illinois

• **Medical or Nutrition Health Risk**

A screening by a WIC Competent Professional Authority must find that you have a medical or nutritional health risk such as low iron, low weight gain during pregnancy, or opportunities to make improvements in your diet/nutrition.

Save
Nourish
Connect
Grow
Learn



At your first visit to a WIC clinic, please bring the following with you:

- **Proof of Identification**
Example: Driver's license, photo ID, birth certificate for your infant or child
- **Proof of income**
Example: paycheck stubs, income tax form
- **Proof of residency**
Example: utility bill or recent mail with dated postal stamp

WIC does not require proof of citizenship.

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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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