



**Our staff will be here to support you and your family as you move through your journey with WIC.**



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**Take 5 for WIC to 5!**



**WIC isn't just for moms and babies  
WIC is here for children until their 5th birthday!**



# Five Reasons to Keep Your Child Enrolled in WIC until Age 5

## Reason 1: Saves Money

WIC foods can help families save about \$40 per child on groceries every month. These savings are worth about one tank of gas and about the cost of 20 trips on the bus!

The money you save can also be used for other things your family needs such as diapers, school supplies, personal care items, cell phone and utility bills.



## Reason 2: Provides Healthy Foods Children Need

WIC provides healthy foods that are important for kids ages 1-5. WIC gives vouchers for milk, whole grain foods, fruits and vegetables, eggs, and more.



## Reason 3: Helps Children Learn and Grow

WIC helps kids grow healthy and strong and be prepared to start school. WIC is a good source of information. WIC staff can help you learn more about your child's growth and development milestones.



## Reason 4: Gives Free Advice and Counseling from Caring Staff

WIC staff is here to answer questions and help you keep your child healthy.



## Reason 5: Helps Connect Families with Other Programs, Providers, and Resources

WIC can help you connect to other services such as dental care, immunizations, childcare, and counseling services.

