

# Raising a Child is one Big Job

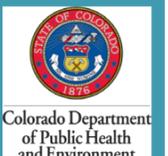


## WIC Can Help

WIC provides free:

- 🍷 Healthy foods
- 🍷 Personal advice and support on nutrition and child health
- 🍷 Connections to local health and community programs
- 🍷 One-on-one help and support for breastfeeding moms

**Your local WIC Clinic is:**



**About WIC:** The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is a public health nutrition program under the U.S. Department of Agriculture (USDA). WIC offers free nutrition education, nutritious foods, breastfeeding support and healthcare referrals for income-eligible women who are: pregnant; breastfeeding (up to one year after childbirth); and infants and children until 5 years of age.

USDA is an equal opportunity provider and employer.