

# Who is eligible for WIC?

- ❖ Pregnant Women
- ❖ Breastfeeding Women
- ❖ Newly Delivered Women
- ❖ Infants
- ❖ Children up to the age of 5
- ❖ Foster Children up to the age of 5



**Also...**

- ❖ You must live in Nebraska
- ❖ WIC professionals will complete a nutrition & health evaluation
- ❖ Income is less than or equal the income guidelines
- ❖ You are automatically eligible for WIC if you currently receive ADC, SNAP, Kids, Connection or Medicaid
- ❖ Fathers, guardians or foster parents may apply for WIC for their children



# Referrals



WIC can provide information about helpful programs and services that our clients could benefit from. These programs and services are commonly helpful to families such as immunizations, health centers, dentists or dental clinics, SNAP, ADC or Medicaid.



## Nutrition Education

Our nurses and dietitians provide helpful suggestions and counseling on shopping and preparing WIC foods, health concerns and breastfeeding.

## WIC Checks

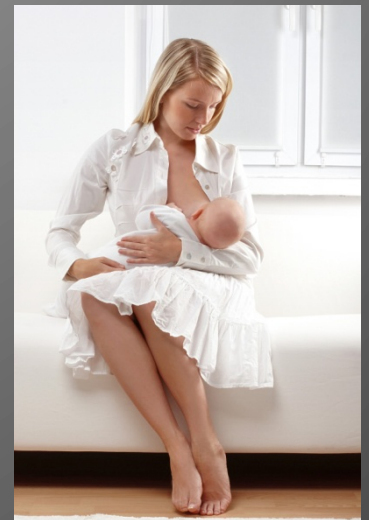
WIC checks are issued to WIC participants for the purchase of specific foods at stores authorized by WIC.



# Breastfeeding Education



Our breastfeeding trained staff and Breastfeeding Peer Counselors teach breastfeeding classes in the WIC clinic and offer support outside of regular working hours.



Breastfeeding Peer Counselors provide ongoing breastfeeding education and support to ALL pregnant and breastfeeding moms by phone, in the WIC clinic, in the hospital, and sometimes in the home.

