



HEALTHY FOOD AND A LOT MORE!



WIC IS MORE THAN JUST ABOUT FOOD.

WIC provides healthy food, nutrition education, and breastfeeding guidance to more than 8 million moms and children. Families of all sizes and types may qualify for WIC. Most families getting health benefits from Washington State qualify for WIC. Children of working parents may still qualify for WIC.

SEE IF YOU QUALIFY

- CALL: 1-800-322-2588
- TEXT: "WIC" to 96859
- VISIT: ParentHelp123.org



This institution is an equal opportunity provider. Washington State WIC Nutrition Program doesn't discriminate. To request this document in another format, call 1-800-841-1410. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.