

YOU DO A LOT



WIC IS HERE TO HELP!

Even if you do not qualify for SNAP, you may be eligible for WIC.

TO SUPPORT YOU WE OFFER:

- Pregnancy & breastfeeding guidance
- Wholesome foods
- Nutrition-focused counseling
- Free health screenings
- Connections to resources

WIC is all about healthy babies, kids, and families. If you are pregnant, breastfeeding, or have a child under 5, WIC could be for you!

Who is eligible for WIC?

- ♦ Pregnant women
- ♦ Breastfeeding mothers of infants up to 12 months old
- ♦ Mothers of infants up to 6 months old
- ♦ Infants and children up to 5 years old

What are the WIC benefits?

- ♦ Access to healthy food
- ♦ Nutrition education
- ♦ Breastfeeding guidance
- ♦ Referrals to community support

What's in the monthly food package?

Each participant receives healthy WIC foods worth about \$60.00 per month. Choices include:



♦ Whole Grains

Whole Wheat Bread
Brown Rice
Whole Wheat Pasta
Whole Wheat/Corn Tortillas
Breakfast Cereals

♦ Protein

Eggs
Peanut Butter
Dry and Canned Beans
Tofu

♦ Vegetables/ Fruits

Fresh
Frozen
Canned
Juice

♦ Dairy

Milk
Soy Milk
Cheese
Yogurt

♦ Infant

Infant Cereal
Baby Food
Vegetable
Baby Food
Fruit
Infant Formula



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Public Health
Prevent. Promote. Protect.