



**Military Family
Advisory Network**

Congratulations on your growing family!

Now that your new addition is on
the way, have you heard about **WIC**?



The **Special Supplemental Nutrition Program for Women, Infants, and Children**, commonly known as **WIC**, is a federally funded program designed to help improve the health and wellness of families with young children.

WIC provides you and your child with support from pregnancy up to your child's fifth birthday.

Services include:



Supplemental foods and nutrition education designed to meet the unique needs of pregnant, breastfeeding, and postpartum women and children from birth to age five



Breastfeeding education



Health screenings and referrals

Participation in the WIC program can help improve your health during and after pregnancy, help keep your baby healthy, and help your child do better in school by supporting healthy growth and development.



Ready to sign up? Visit [signupwic.com](https://www.signupwic.com) to find the nearest location.

USDA Food and Nutrition Service. (2023). Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). <https://www.fns.usda.gov/wic>

Websites:

www.fns.usda.gov/wic/applicant-recipient | www.fns.usda.gov/wic/about-wic-how-wic-helps