

WIC - BREASTFEEDING MOMS

WHAT IS WIC?

WIC provides healthy food, nutrition education, and health referral services for women, infants, and children up to age 5. Pregnant, postpartum breastfeeding mothers, and children can receive WIC benefits.



WHAT ARE THE BENEFITS?

Food for moms up to a year after birth
Food for children up to age 5
Variety of grains, fruits, vegetables, dairy, and protein foods
Formula for your baby
Breast pumps
Breastfeeding help from lactation consultants

ELIGIBILITY IS BASED ON household income and proof of residency. Income guidelines can be found on the Department of Health website: <http://bit.ly/WICenroll>

YOU ARE AUTOMATICALLY INCOME ELIGIBLE if you use TennCare, Supplemental Nutrition Assistance Program (SNAP), or Temporary Assistance for Needy Families (TANF/Families First).



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