

# WIC GUIDE FOR HEALTHCARE PROVIDERS

IMPROVING PATIENT HEALTH AND FOOD SECURITY WITH NUTRITIONAL RESOURCES

## What is WIC?

The Special Supplemental Nutrition Program for Women, Infants, & Children (WIC) is a federal nutrition program that aims to safeguard the health of low-income women, infants, & children up to age 5 who are at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating, & referrals to health care.

## Who is Eligible?

- Moderate to low-income pregnant, postpartum women, infants, & children up to age 5.
- Families receiving Medicaid or SNAP are automatically eligible.
- Individuals are eligible regardless of their immigration status.

## Research Shows Participation in WIC Produces Results:



### IMPROVES BIRTH OUTCOMES

Lowers risk of preterm birth, low birth weight, & infant death.



### SUPPLEMENTAL NUTRITION

Develops healthier eating habits & enhances dietary quality through long-term nutrition & breastfeeding support.



### GROWTH & DEVELOPMENT

Physical & cognitive development screenings ensure a child receives the proper care needed to succeed.

## How can your patients benefit?



Personalized nutrition education & access to healthy groceries through a tailored WIC food package



Breastfeeding education & support



Screening & referrals to additional health & social services



## Help Connect Families to WIC

- Tell your patients about WIC's services and benefits and encourage them to apply.
- Include WIC flyers in your clinic and in new-patient information packets.

Your referral matters.

As a health care provider, you are a trusted messenger for families eligible for WIC services but not yet receiving benefits.