

## REFERRALS

WIC will collect basic information about your health.



WIC can **connect you to health care, dental care, counseling and other resources** in your community that your family may find helpful.



[Michigan.gov/WIC](https://michigan.gov/WIC)



Download the WIC Connect app to find your clinic and get started today!



This institution is an equal opportunity provider.

To view the full USDA Nondiscrimination Statement, visit the link below:

<https://michigan.gov/mdhhs/assistance-programs/wic/nondisc>

The Michigan Department of Health and Human Services (MDHHS) does not discriminate against any individual or group on the basis of race, national origin, color, sex, disability, religion, age, height, weight, familial status, partisan considerations, or genetic information. Sex-based discrimination includes, but is not limited to, discrimination based on sexual orientation, gender identity, gender expression, sex characteristics, and pregnancy.

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MICHIGAN WIC

FOR OUR KIDS' SAKE



Are you pregnant?

Were you recently pregnant?



Do you have children under five?



WIC is for you!

Learn more by visiting [Michigan.gov/WIC](https://Michigan.gov/WIC)

## NUTRITION EDUCATION

WIC can help you and your family make healthy food choices.



Food allergies? Picky toddlers?

WIC's Registered Dietitians can help.



Nutrition education is available in person **and online!**



## HEALTHY FOODS

WIC will pay for healthy foods at the grocery store.



Beans



Peanut butter



Cereal



Dairy and eggs



Fresh, canned and frozen fruits and vegetables



Whole grains



Fish



Infant foods and formula



Soy beverage



Juice

WIC could save your family hundreds of dollars each month!

## BREASTFEEDING & CHESTFEEDING SUPPORT

WIC wants to help you meet your breastfeeding or chestfeeding goals.



You can join a **WIC support group or class** to learn about breastfeeding during your pregnancy or after birth.

WIC clients have free access to **breastfeeding specialists, breast pumps and supplies.**

**Breastfeeding peer counselors** are available when you need them, even outside of business hours.

