WIC is a nutrition program that provides:

**Nutrition Education**
WIC provides personalized nutrition information and support to help you feed your family in a healthy way. We also provide breastfeeding support, including one-on-one counseling with a mother who has breastfed.

**Healthy Food**
WIC gives you monthly checks to buy healthy foods.

**Health Services**
WIC helps you with referrals to other health and social services that can benefit the whole family.
Is WIC for me?

**WIC is for:**

**Women who are:**
- Pregnant
- Breastfeeding, or
- Recently had a baby

You can stay on WIC for one year after your baby is born if you are breastfeeding, or for six months if not breastfeeding.

**Infants from:**
- Birth to 1 year of age

**Children from:**
- 1 year of age to their 5th birthday

Do I qualify for WIC?

**Even if you are working, you may be eligible. To qualify for WIC services, you must:**
- Meet the income guidelines (WIC staff can help you determine this)
- Live in South Carolina
- Benefit from healthy foods and nutritional counseling

*If you are currently receiving Medicaid, TANF, or SNAP, you are already eligible!*

Apply for WIC now:

1-800-868-0404

SC Health & Environment

LIVE YOUR LIFE healthier. better. longer.

www.scdhec.gov/wic