



Women, Infants & Children

SOUTH CAROLINA



## Good food and a whole lot more!

**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

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healthier. better. longer.

[www.scdhec.gov/wic](http://www.scdhec.gov/wic)