

WHAT IS WIC?

WIC is a special supplemental nutrition program funded by the U.S. Department of Agriculture and administrated by the South Dakota Department of Health. Services include:

NUTRITION EDUCATION & COUNSELING

- Selecting and using nutritious foods
- Changing eating habits/lifestyles
- Improving overall health
- Answering food and nutrition questions

BREASTFEEDING

- Providing support and referrals for breastfeeding
- Explaining the benefits of breastfeeding
- Providing breast pump information
- Breastfeeding Peer Counseling (limited)

HEALTHY FOODS BASED ON INDIVIDUAL NEEDS

- Milk
- Whole Grains
- Fruits & Vegetables
- Eggs
- Canned Fish: Tuna, Salmon, Sardines
- Yogurt
- Infant Formula, Foods, Cereal
- Cereal
- Juice
- Peanut Butter
- Dried & Canned Beans/Peas

REFERRALS TO

- Doctors/Nurses
- Community Services
- Health Agencies
- Social Service Agencies such as Medicaid, SNAP (Food Stamps), or TANF

IMMUNIZATIONS

- Available if needed or referral



WHO CAN BE ON WIC?

To benefit from WIC, you must have an infant, have a child younger than five years old or be a woman or teenage girl:

WOMEN & TEENS

- Pregnant
- Up to 6 months after pregnancy
- Breastfeeding up to 12 months after birth

INFANTS

- Birth up to first birthday

CHILDREN

- Up to age 5

HOW DO I KNOW IF I AM ELIGIBLE?

AN APPLICANT MUST

- Be a South Dakota resident
- Nutrition or health risk determined at WIC appointment
- Meet income guidelines

FOR MORE INFORMATION ON WHERE TO APPLY

Call Toll Free **1.800.738.2301**
or visit our website: www.sdwic.org

WHAT TO EXPECT AT YOUR WIC APPOINTMENT

AN APPLICANT MUST

- Provide family income information
- Provide identity and residency information
- Answer questions about past/current health
- Have height and weight taken
- Have a blood test taken
- Visit with health professional about nutrition education and health needs
- Receive eWIC card with food benefits to purchase at authorized WIC Stores

WHEN DO I GET MY BENEFITS?

Will receive benefits at the time of your WIC appointment.



WIC Provides
Referral Services &
Nutrition Education/
Counseling to Assist
in Making Healthy
Choices for
Healthy Families



HEALTHY CHOICES FOR
HEALTHY FAMILIES

A SUPPLEMENTAL NUTRITION
PROGRAM FOR WOMEN,
INFANTS AND CHILDREN



FOR MORE INFORMATION:

This institution is an equal opportunity provider.

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