

WIC Info Screen

The **WIC Info** screen gives an overview of the Michigan WIC Program.

What is WIC?

WIC is the Women, Infants and Children Supplemental Food Program for pregnant and post-partum women, breastfeeding women, infants and children (up to the age of 5 years) who meet income guidelines.

WIC IS HERE to work with you to help you feed yourself and your children in a healthy way and find community resources to help your family be as healthy as possible – including immunizations, quit programs, etc. We want to see your family be as healthy as possible and to serve all those in need.

Your appointment includes interviews, screenings and information so you can make decisions on what and how to feed yourself and/or your children, then help you plan to meet your family's needs. The WIC program also provides breastfeeding support to moms.

Specific nutrients, such as protein, iron, calcium, folic acid and Vitamin C, are key to your child's growth and learning. WIC foods are great sources of these nutrients.

Good nutrition during pregnancy helps carry the baby to term. It also improves the health of babies and children – not only their growth, but their learning and builds healthy Michigan citizens. And all that saves taxpayer dollars.

[Close](#)

Figure 1 – What is WIC? Screen

- Click the **Close** button at any time to return to the **WIC Home** screen.

