



■ Women, Infants and Children

The Indiana Department of Health offers a nutrition program called Women, Infants and Children, which is nationally recognized as an effective means for improving access to nutritious foods that helps pregnant women, new mothers, infants, and children under the age of five eat well and stay healthy. The Indiana WIC program operates a statewide network of more than 140 clinics that offer services in every county and provides families:

- Supplemental healthy foods designed by qualified nutritionists;
- Nutrition education and counseling;
- Electronic Benefits Transfer eWIC card to buy healthy foods;
- Nutrition and health screening and assessment;
- Breastfeeding promotion and support, including breastfeeding moms receiving more nutritious foods;
- Referrals to other Indiana health, family and social services

WIC benefits may be used at WIC approved stores in your community to purchase fresh and frozen fruits and vegetables, baby food, milk, cereal, yogurt, juice, eggs, cheese, peanut butter, beans, tofu, whole wheat bread, brown rice, whole wheat tortillas, corn tortillas and baby formula. WIC benefits are easy to use and administered using an Electronic Benefits Transfer card called the eWIC card.

For more information, including eligibility requirements and how to apply, refer to www.wic.in.gov, call **800-522-0874**, email inwic@isdh.in.gov or contact the Indiana Women, Infants and Children **program clinic** nearest you. Families already receiving Medicaid, SNAP or TANF are income eligible for the WIC program. Find us on Twitter **@IndianaWIC**.