

MAKE WIC YOUR PARTNER IN CARE

Breastfeeding, nutrition education, and access to healthy, nutritious food are vitally important to the health of moms, infants, and children as they grow. The Louisiana Women, Infants and Children Nutrition Program (WIC) provides eligible families with instruction, support, and healthy food. WIC is an important evidence-based partner in achieving positive health outcomes.

HOW DOES WIC HELP CARE PROVIDERS?

Recommend WIC to your patients for:

- Breastfeeding promotion and support
- Prenatal care referrals
- Immunization assessment and referrals
- Nutrition and health screening
- High-risk nutrition assessment counseling
- Prenatal weight gain monitoring and education
- Education to include eating more fruits and vegetables
- Education about iron-deficiency anemia
- Education for cessation of smoking, drugs and alcohol use

ELIGIBILITY REQUIREMENTS

Who is eligible for WIC?

- Women who are pregnant
 - Women who are breastfeeding
 - Women who just had a baby
 - Infants and children up to age 5
- Newly pregnant women, migrant workers, and working families are encouraged to apply.**

To receive WIC benefits, you must also live in the state of Louisiana, and meet income guidelines, or be enrolled in Medicaid or receive SNAP or TANF benefits.

Please talk with your clients about WIC first, then recommend them.

For more information about WIC,
visit louisianawic.org or call 1-800-251-BABY



This institution is an equal opportunity provider.

