With WIC, you receive:

- Healthy food from local grocery stores and farmers’ markets;
- Tips to stay active, limit sugary beverages and drink more water;
- Resources for lead testing, child care and Head Start;
- Recipes and helpful tips on how to prepare meals with your child; and
- Tips for keeping food safe.

Keep your child on WIC between the age of 1 and 5!

WIC in the future...

All WIC agencies will move from providing checks to using electronic benefits transfer (EBT). The transition to EBT, referred to as eWIC, will create a smoother shopping experience. WIC families will be able to purchase products over multiple trips to the store rather than purchasing everything at one time during the month.

In the next few years, Pennsylvania will be implementing eWIC across the state. Stay tuned for more information!

Your WIC nutritionist is here to guide you as your children grow and develop feeding skills up to age 5.

1-year-old
- Wean from bottle/introduce whole milk
- Transition to table foods
- Understand choking hazards

2-year-old
- Understand food jags/picky eaters
- Transition to low fat milk
- Maintain healthy beverage intake
- Learn portion sizes

3-year-old
- Learn to make nutritious choices
- Make meal planning fun
- Understand ideal weight gain

4-year-old
- Help in the kitchen (measuring, mixing)
- Learn healthy habits to last a lifetime

Stick with WIC!

Nutrition education, health screenings and foods for children up to age 5.

www.pawic.com
1-800-WIC-WINS
(1-800-942-9467)

PA WIC is funded by the USDA. This institution is an equal opportunity provider.
“WIC has taught me about portion sizes and I have totally revised the snack selections for my family. I know my kids are healthier because of WIC!”

--WIC Mom

Pennsylvania Woman, Infants and Children Nutrition Program

Food package for a 1-year-old

- Whole milk (may substitute yogurt, cheese or tofu)
- Eggs
- Breakfast cereal
- Whole grain product (may select from oatmeal, bread, rice or pasta)
- Canned or dry beans
- 100% fruit or vegetable juice
- Fresh, canned or frozen fruits and vegetables

Total average value = $60.00

Offers health screenings every six months for children

This includes measuring your child’s height and weight and helping you with concerns you may have about your child’s nutrition.

Helps stretch your food dollars

Check out the average monthly savings below for a 1-year-old receiving WIC.

Provides personalized nutrition education and support

It is easy to search the internet for answers to questions about your child’s diet, but is it always a reliable source?

With WIC, you receive free nutrition education and tips customized for your family from a nutrition professional.

No co-pay!