

A close-up photograph of a woman with long dark hair, wearing a blue top, smiling warmly as she looks down at a young child. The child, wearing a pink top and a pink bow in her hair, is focused on eating a banana. The scene is intimate and captures a moment of care and nutrition.

Real nutrition.
Real advice.
Really worth it.

WIC helps you make amazing kids!



You are an amazing parent!

WIC is your partner.

Good nutrition helps your baby grow into a healthy child. Think of all the new things you've learned as a parent. Now you can handle late-night feedings. You know what makes your baby smile. You've also probably learned that having WIC as your partner can make life easier.

Don't be done at year one.

WIC benefits aren't just for pregnancy and babies. As your child grows, his needs grow, too. You can count on WIC to be there with support and answers up to your child's fifth birthday. By staying on WIC, you will continue to receive:

- Healthy foods.
- Regular health and nutrition checkups and health-care referrals.
- Personalized nutrition counseling and classes.
- The support of a community of WIC families who talk, get together, and share tips.



“WIC is an amazing program. And it doesn't just stop after your baby is one.”



There's a lot more to learn, and WIC is there to provide that information for you.”

Kim Williams
WIC Client

Real food for growing kids.

WIC helps you buy many of the healthy foods already on your grocery list. The WIC food packages are low in fat, high in fiber, help you get important nutrients, and promote a healthy weight. By giving your child the best foods now, you're giving him the best start in life.

Talk to your WIC nutritionist about how to prepare simple and delicious meals and snacks using your WIC foods.

Monthly Food Package	Children 1-2 Years	Children 2-5 Years
Cereal: 36 ounces		
Whole grains: 2 pounds (such as brown rice, whole-wheat tortillas, whole-wheat pasta, and whole-wheat bread)		
Fruits and vegetables: \$8.00 (fresh and frozen)		
100% fruit and vegetable juice: 128 ounces (2 containers of 16 ounce frozen or 64 ounce fluid)		
Whole milk: 3 gallons		
Low-fat or fat-free milk: 3 gallons		
Yogurt or whole milk: 1 quart		
Cheese: 1 pound		
Eggs: 1 dozen		
Dry beans: 1 pound		
Beans or peanut butter: 1 pound dry or 4 cans of beans, or a 16 - 18 ounce jar of peanut butter		



"I love the recipes from WIC. They're amazing, because they tell you what you're going to need. And my boy loves it. And like that, everyone is eating what's best for them."

Mayra Martinez

WIC Client



*“Being a single mom
and a working mom –
it’s very stressful, but*

**WIC is there to
help you and
your child.**

*They work around your
schedule to help you.”*

Griselda Medina
WIC Client





Staying with WIC is easy.

Once a year you'll come to our clinic to be recertified, then you'll follow up with us every three months. During these visits we'll add more benefits to your WIC card, answer questions, and give you helpful advice about your family's health.

New or returning to WIC?

The program is open to many income levels and families. If you have Medicaid, TANF, or SNAP you may already meet the income requirements for WIC. And you don't have to choose – if you qualify, you can take part in more than one program.

Call 1-800-942-3678 or visit your local WIC office to find out how to apply or reapply. To find your local WIC office, visit [TexasWIC.org](https://www.texaswic.org).

***Visit our website for
nutritious recipes and more!***



Visit our website at TexasWIC.org



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