



are you pregnant?

WIC can help you have a healthy pregnancy and a healthy baby.

WIC provides the following at no cost:

- healthy food during your pregnancy and after you deliver
- nutrition education and counseling
- breastfeeding support
- referrals for health care and community services

Your baby is counting on you to call your local WIC office for an appointment. . .the sooner you call, the better! Or, call toll-free **1-800-342-3556** to find out the phone number for the WIC office in your area.

If you are pregnant and on Medicaid, Food Stamps, or Temporary Cash Assistance (TCA), you are income-eligible for WIC. Working families who have a low or moderate income may also be income-eligible for WIC.

www.FloridaWIC.org • **WIC is an equal opportunity provider.**

