

WIC

Building Healthy & Strong Families



Tennessee WIC Program

Nutrition Program for
Women, Infants and Children

The WIC Program's unique combination of services makes it effective in contributing to healthy pregnancies, healthy babies and helping young children be ready to learn.

Tennessee WIC Program

1-800-DIAL-WIC
(1-800-342-5942)

www.tn.gov/wic



This institution is an equal
opportunity provider.



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WIC provides good food and a whole lot more!

WIC offers families:

- Breastfeeding promotion and support
- Benefits to buy healthy foods
- Health and social service referrals
- Tips for eating well to improve health



To find out more or locate a WIC clinic in your area: call **1-800-DIAL-WIC** (1-800-342-5942) or go to www.tn.gov/wic

WIC nutrition staff meets with each WIC participant to:

- Support families making changes for better health
- Discuss healthy eating and eating habits
- Provide individual nutrition advice
- Promote selection of healthy foods

WIC Services are available to:

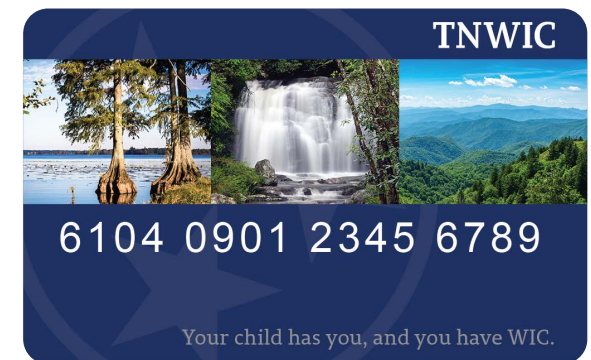
- If you are pregnant
- If your pregnancy has ended (up to six months after delivery)
- If you are breastfeeding (up to one year after delivery)
- Infants
- Children under the age of five

You must live in Tennessee and meet income guidelines.

WIC is for all kinds of Tennessee families: married and single parents, working or unemployed. If you are a father, mother, grandparent, foster parent or legal guardian of a child under five years, you can apply for WIC.

As a WIC applicant, you will make an appointment to visit the WIC clinic in your community.

Once enrolled you will receive monthly benefits from authorized WIC grocery stores using an electronic benefit transfer card (shown below) for cereal, juice, milk, cheese, eggs, peanut butter, whole grain items, dry beans, fresh/frozen fruits and vegetables, baby food and infant cereal.



Providing healthy foods helps your family members get the nutrition they need.

