

# WIC is...

# 1

## STARTING HEALTHY

WIC covers the basic foods you need for a healthy pregnancy like milk, cereal, fruit and veggies, AND we are there to help you with weight gain and morning sickness to give your little one the best start in life.



# 2

## COMING BACK FOR BABY

After baby is born, WIC helps moms with breastfeeding. When baby is old enough, we provide cereal, baby foods and fresh fruit and veggies, AND we help you with tips on how to start solid foods. We still take care of you, too, by helping with weight loss and keeping up your energy!



# 3

## STAYING UNTIL FIVE

WIC provides healthy foods that your child will love like their favorite fruit and veggies, kid-friendly cereals, milk and peanut butter. We help make sure your child is on the right track to good health, AND we provide you with recipes and tips on feeding your children.

## NATIVE AMERICANS FOR COMMUNITY ACTION - WIC PROGRAM

**928.773.1245**

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INTER TRIBAL COUNCIL OF ARIZONA, INC.

## WIC... START HEALTHY, STAY UNTIL FIVE!

WIC provides monthly checks for healthy food, health screenings and referrals, nutrition education and breastfeeding support.

WIC is for pregnant women, new and breastfeeding moms and children under 5 who meet income eligibility requirements.

[itcaonline.com/WIC](http://itcaonline.com/WIC)