

# What to Know About WIC

### Who can get support?

- Moms
- Pregnant women
- Dads
- Grandparents
- Foster parents
- Step-parents
- Guardians
- Caregivers with a low to medium income and those who are part of other programs such as foster care, medical assistance, or SNAP are eligible.

### Where can I find out more?

NCCHS is a WIC Clinic. To find out more, contact us at 785-284-2152 or fill out this form: https://bit.ly/NCCHS\_Info

## Did you know?

Even if you don't qualify for SNAP (EBT, Food Stamps), or Medicaid, you still may qualify for WIC. **Many families are eligible for WIC and don't realize it**.

#### What's the retail value?

For women and children the retail value of the healthy food WIC provides is ~\$74 per person per month. For infants, WIC promotes breastfeeding, and provides formula when requested. The value of the formula is ~\$180 per month.

