



# WOMEN, INFANTS & CHILDREN (WIC)

## HEALTH & NUTRITION FOR GROWING FAMILIES

A supplemental nutrition program, based on income for pregnant, postpartum, and breastfeeding women, as well as infants and children up to age 5.

### HEALTH EDUCATION

#### Personalized approach

Counselors assess dietary habits, nutritional deficiencies, and specific needs to provide targeted advice.

#### Breastfeeding support

Breastfeeding counselors encourage breastfeeding and address challenges moms may face. Breastfeeding rooms are available at our South Chicago and Pullman clinics.

#### Health referrals

WIC can refer participants to healthcare providers for medical, dental or behavioral health services to address underlying health concerns that impact nutrition.

### NUTRITION

#### Foods

WIC participants may receive supplemental food items such as infant formula, cereal, milk, bread, fruits, vegetables, proteins and more.

#### Counseling

Nutrition counseling helps families make healthy food choices and improve their nutritional status through diet and education.

#### Food selection guidance

WIC helps participants choose foods rich in nutrients and appropriate for each stage of life.

### ELIGIBILITY

WIC serves individuals at nutritional risk. Services are free, based on income and available to:

- Families with a low to medium income
- Women who are pregnant and or breastfeeding
- Infants and children up to five years of age, including those in legal guardianship or foster care

To register for WIC, participants are required to provide proof of income, identity, and address.



### WIC services available at:

CFHC South Chicago  
9119 S. Exchange  
Monday-Friday  
8:00 A.M. to 4:00 P.M.

**773-768-0373**

