



Join Our
Healthy Family

TEXAS WIC

“I’m glad there is a program like WIC out there to help mothers and babies get what they need to be healthy”.



Get *Inspired.*

Every month, almost a million Texans come to WIC to get the services, support, and inspiration they need to eat right, have a healthy pregnancy, breastfeed successfully, and raise amazing kids!

Did you know more than half of the babies in Texas get WIC services?

WIC benefits are for:

- **Pregnant women**
- **New mothers**
- **Infants**
- **Children up to their 5th birthday**



Grow With Us.

We know your family's health is important to you. WIC helps Texas families like yours get healthy, and the best part is – **WIC grows with you.**



Texas WIC:

- supports you and your child from pregnancy to delivery to **raising a toddler.**
- shares ways to stay healthy by offering classes, **children's activities, cooking demonstrations,** and shopping tips.
- **connects you** to other families to talk about healthy goals.
- **answers your questions** about good nutrition for your family.
- gives you **personal attention** from WIC breastfeeding experts, and extra benefits like breast pumps and special food packages.
- helps you **find other health-care services** near you.
- helps you buy the foods that you and your children need to **stay healthy.**



Get Healthy Foods and **More!**



There's more to Texas WIC benefits than helping your family buy healthy foods. **You can take online classes, meet with other families, and get one-on-one nutrition counseling** so you can make smart choices and delicious family meals!

If you qualify, you'll get a food package **specially designed to meet your needs**, and a Texas WIC card to use at the grocery store. It keeps track of your WIC food benefits and works just like a debit card.



Texas WIC food packages are full of the nutrients your family needs to grow healthy and strong, like fiber, calcium, and iron.

Your food package could include:

- Fruits and vegetables
- 100% fruit and vegetable juices
- Milk, cheese, and yogurt
- Eggs
- Whole grains like brown rice, whole-wheat tortillas, whole-wheat pasta, and whole-wheat bread
- Healthy cereals
- Beans
- Peanut butter
- Canned fish
- Baby foods and formula



WIC helps you make amazing kids!

Call 1-800-942-3678 to Get Started.

WIC is open to many incomes and families. If you are on Medicaid, TANF, or SNAP you may meet the income eligibility guidelines for WIC. If you don't qualify for those programs, **you may still be eligible for WIC.**

Once you're on the program, you'll come see us about every three months. We'll add more benefits to your Texas WIC card and talk with you about your family's health.



At the clinic, your friendly WIC staff will:

- ask a few questions about your family's nutrition habits.
- check your family's health.
- look at your income.

**Call 1-800-942-3678 or go to
www.TexasWIC.org to find a clinic near you.**



“My family and I would not be where we are with our health without WIC’s support”.

Visit our website at TexasWIC.org.

1-800-942-3678

WIC helps you make amazing kids!



TEXAS
Health and Human
Services



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1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
2. fax: (202) 690-7442; or
3. email: program.intake@usda.gov.

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