



The Truth about WIC: What it is and Why You Need to Know

By: Lexi Brewer, Kenna
McAlester, & Honey Yezek

1 What is WIC

WIC is an American Federal assistance program that provides supplemental nutrition for Women, Infants, and Children (WIC) and offers three types of benefits:


- 🍏 Supplemental food package, which provides foods that are high in nutrients frequently lacking in diets.
- 🍏 Nutrition education, which provides education on nutrition for all participants.
- 🍏 Referrals to Health care and social services, which assists in obtaining health care other and social services.

2 Why is WIC Important

- 🍏 WIC was created to combat malnutrition among low-income mothers and children.
- 🍏 WIC helps women give birth to healthier infants.
- 🍏 Prenatal WIC participation lowers the rise of infant mortality.




3 Common Myths and the Truth Behind Them




“If you have SNAP/EBT you can’t get WIC.”

If you’re eligible for Medicaid and SNAP/EBT that means you’re already income eligible!



“We’re not really struggling, so we probably don’t qualify.”

62% of infants qualify!



“I’m pregnant, but I haven’t given birth, so I won’t be eligible.”

Pregnant moms-to-be are all eligible!

“You must be a U.S. citizen to participate and receive benefits from WIC.”

WIC does NOT require proof of citizenship or immigration status!

4 What Can You Do to Help



- 🍏 There are many different ways that you can help spread awareness and support for WIC and programs like it.
- 🍏 This includes endorsing and voting for representatives who support WIC programs and the areas that fund those programs.
- 🍏 You can also advocate and show your support for WIC with your voice. If you see someone who is sharing those myths you can share the truth and correct information with them.