

WIC Food Package



Milk: Whole milk for 1 year-old children, and lower fat (skim, 1%, or 2%) milk for women and children aged 2-5. One pound sliced or block cheese may be selected. Soy milk is also available with Doctor's note.



Whole Grains: 100% whole grain bread, tortillas, and brown rice are allowed.



Protein: There will be a choice of dried beans, peas or lentils or canned beans or peanut butter. One dozen eggs can also be purchased. Exclusively breastfeeding mom will also receive canned tuna or salmon.



Fruits and Vegetables: A separate check will be issued to purchase fresh fruit and vegetables.



Baby Food: At 6 months of age all infants will be provided with plain baby cereal and jars of baby vegetables and fruits. Exclusively breastfed infants will also be provided jars of baby meats.



Referrals



WIC can provide information about helpful programs and services that our clients could benefit from. These programs and services are commonly helpful to families such as immunizations, health centers, dentists or dental clinics, SNAP, ADC or Medicaid.



Nutrition Education

Our nurses and dietitians provide helpful suggestions and counseling on shopping and preparing WIC foods, health concerns and breastfeeding.



Who is eligible for WIC?

- ❖ Pregnant Women
- ❖ Breastfeeding Women
- ❖ Newly Delivered Women
- ❖ Infants
- ❖ Children up to the age of 5
- ❖ Foster Children up to the age of 5



Also...

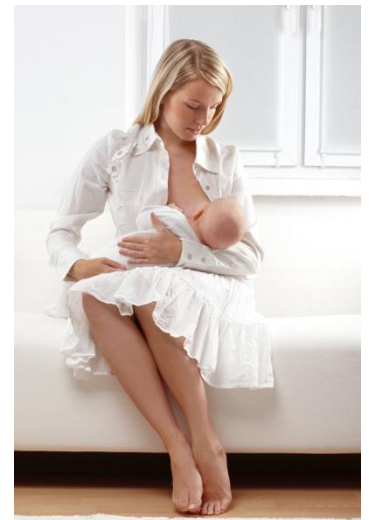
- ❖ You must live in Nebraska
- ❖ WIC professionals will complete a nutrition & health evaluation
- ❖ Income is less than or equal the [income guidelines](#)
- ❖ You are automatically eligible for WIC if you currently receive ADC, SNAP, Kids, Connection or Medicaid
- ❖ Fathers, guardians or foster parents may apply for WIC for their children



Breastfeeding Education



Our breastfeeding trained staff and Breastfeeding Peer Counselors teach breastfeeding classes in the WIC clinic and offer support outside of regular working hours.



Breastfeeding Peer Counselors provide ongoing breastfeeding education and support to ALL pregnant and breastfeeding moms by phone, in the WIC clinic, in the hospital, and sometimes in the home.

