

## **The South Dakota WIC Program**

WIC is a supplemental nutrition program for eligible women, infants and children. Available in all counties in the state, it works to promote and maintain the health and well being of women, infants and children at nutritional risk. It provides nutrition education and counseling, breastfeeding support, healthy foods, referrals to other health and social agencies, and childhood immunizations if needed. WIC is an equip opportunity program.

### **What is WIC?**

- WIC means women, infants and children
- WIC is a supplemental nutrition program
- WIC is funded by U.S. Department of Agriculture
- WIC give you food checks to take to the grocery store for food like: milk, eggs, cereal
- WIC provides breastfeeding support
- WIC provides nutrition education and counseling
- WIC can refer you to other services

### **Who Can Get WIC?**

- Women who are or have been pregnant in the last six months or are breastfeeding a baby under age one
- Infants up to age one
- Children up to age five

### **Applicant Must:**

- Be a South Dakota resident
- Have nutritional/medical risk
- Income qualify
  - Mothers, infants and children who meet the criteria and are on Medicaid, TANF, of Food Stamps automatically meet income guidelines.
  - Income guidelines change every year. Contact your local WIC office for information.