



## A benefit of your State Insurance Program

For more than 30 years the WIC program has been helping mothers, babies and children get the foods they need for proper growth and development.

**CHILDREN** whose mothers enroll them in the WIC program get:

- \*the best nutritional advice;
- \*ongoing developmental screenings, support and referrals;
- \*the best start when they enter school; and
- \*parents who are trained in using excellent parenting skills

**Weight &  
Height Checkups**  
**Nutritional  
guidance**  
**Breastfeeding  
Support**

**The WIC program  
provides breastfeeding  
mothers with access to  
Certified Lactation  
Consultants, and  
Breastfeeding Peer  
Counselors, as well as a  
“Mom’s Milk Club”  
support group.**

### You May Qualify if you are:

- Pregnant
- Breastfeeding up to one year after birth
- A new mother up to six months after giving birth
- A parent, guardian or caregiver who has an infant or child younger than 5 years of age

### WIC provides healthy foods such as:

- Milk & eggs
- Cheese
- Juice & cereal
- Dry beans, peas or peanut butter
- Fruits & vegetables
- Whole wheat bread
- Iron-fortified formula for moms who choose not to breastfeed

**CALL to see if you are eligible!**

### WIC moms say...

“I appreciate WIC so much as I have 2 small children that benefit from the nutrition it provides.”

“I like the one-on-one teaching that helps keep my child healthy.”

FHN Pediatrician Dr. Angelilli says *“Breastfeeding is the best gift a mother can give her infant, and the WIC program serves as a wonderful resource for mothers, children and families.”*

**TO CONTACT WIC:  
815-235-8360 phone  
815-599-8411 fax**

[jennifer.beck@aeroinc.net](mailto:jennifer.beck@aeroinc.net)

WIC is a program of the Stephenson  
County Health Department