

# Your WIC Roadmap

Pregnant? Congratulations!



WIC is thrilled to help you prepare for your little one's arrival! Signing up is easy. Bring:

- Your valid ID
- Proof of address
- Proof of income
- Proof of pregnancy

Your WIC Trimester appointments are perfect for checking in on your pregnancy journey and joining our outstanding Breastfeeding Peer Counselor Program!

Want to feel even more confident and ready? Join our "Let's Talk Newborn Feeding Secrets" class! Get insider tips on what to expect at the hospital and during those magical first days with your newborn.

Your baby's here, hooray! It is a great time to renew your WIC benefits and continue receiving our incredible support. We are with you every step of the way!

# Your Baby's WIC Roadmap

## Welcome to Parenthood!

Bringing your baby home is a special moment; WIC is here to walk alongside you. Give us a call or stop by with:

- Proof of birth
- Proof of address
- Proof of income



We cannot wait to connect! Expect a warm check-in call to discuss breastfeeding support and answer any questions.



Wow, 6 months already! Let's catch up and celebrate your baby's milestones together!



Are you wondering about solids? We've got you! WIC recommends introducing solids around 6 months, and we are here to guide you when the time is right.



Take a nutrition education class to learn about your baby's growth and nutrition as they blossom.



Before you know it, your baby will be turning ONE! It is time for more exciting adventures with WIC. Do not forget to renew your WIC benefits and enjoy all the fantastic benefits



# Your Child's WIC Roadmap

Growing Strong with WIC!

Your child is growing fast, and WIC is here to support you! You can renew your WIC benefits every year until your child turns 5. All you need is:

- A valid ID
- Proof of address
- Proof of income



We will check in every 6 months to celebrate and review your child's growth, development, and nutritional needs.



Your monthly WIC food benefits are loaded onto your card; do not forget to use them before expiration!

Save time with helpful nutrition education classes at [WICHealth.org](http://WICHealth.org), which are perfect for busy families!



Keep learning with another fun nutrition class! Get kid-friendly recipes and creative ways to add more fruits and veggies to your family's meals.

