



Texas WIC

Join Our **Healthy** Family

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Angelina County & Cities Health District

Lufkin, TX

What is WIC?

WIC gives you the services, support, and inspiration you need to eat right, have a healthy pregnancy, breastfeed successfully, and raise amazing kids.



Grow with Us



Almost a million women, infants, and children benefit from WIC services every month. For over 40 years, WIC has helped families like yours.

WIC benefits are for:

- Pregnant women
- New mothers
- Infants
- Children up to their 5th birthday

**WIC is your partner in health.
Come to WIC for.....**



Nutrition Counseling

We know your family's health is important to you. Let our friendly nutritionists and Registered Dietitians answer your questions about good nutrition to help you make smart choices and delicious family meals!



Inspiration



Get the inspiration and support you need. WIC offers children's activities, cooking demonstrations, shopping tips and anything else you need to support you in growing a healthy family.

Group Support

WIC connects you to other families to talk about healthy goals. Share tips about health topics like nutrition, feeding your child, cooking classes, and physical activity, to name a few.



Health-care Resources



WIC can connect you to other resources you might need and referrals to health services like immunizations, dental care, Medicaid and SNAP.

Breastfeeding Support

WIC gives you personal attention from WIC breastfeeding experts, and extra benefits like breast pumps and special food packages for breastfeeding moms.

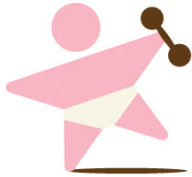


Breastfeeding Support

Visit www.breastmilkcounts.com

to get information on:

- Benefits of breastfeeding for babies, moms, and dads
- Making plenty of milk
- How to tell if your baby is getting enough to eat
- Breastfeeding and returning to work



BREAST MILK

EVERY OUNCE COUNTS

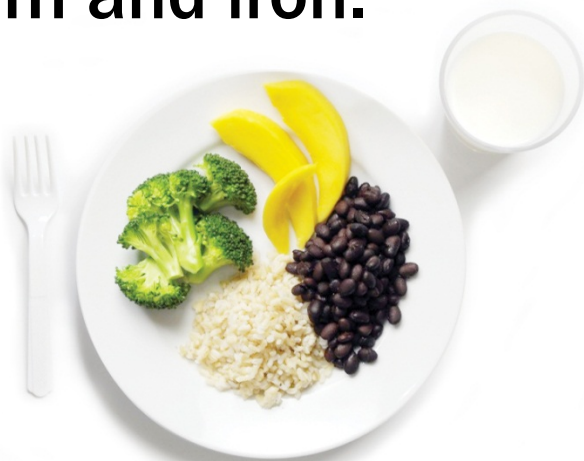
Healthy Foods

WIC helps you buy the foods that you and your children need to stay healthy. If you qualify, you'll get a food package specially designed to meet your needs.



Texas WIC Foods

Texas WIC food packages are full of the nutrients your family needs to grow healthy and strong, like fiber, calcium and iron.



Get foods like:

- Milk/Soy milk
- Fruits and vegetables
- Whole grains
- Eggs
- Cheese
- Cereal
- Juice
- Beans/Peanut butter
- Tuna/salmon
- Infant formula
- Baby foods and infant cereal

How does WIC Work?

WIC is open to many incomes and families.

If you're on Medicaid or SNAP, you may also qualify for WIC.

If you don't qualify for those programs, you may still be eligible for WIC.



Call your closest WIC clinic to make an appointment to see if you qualify.

What to Expect at Your First Appointment

At the clinic, your friendly WIC staff will:

- ask questions about your family's nutrition habits.
- check your family's health.
- look at your income.



Your WIC Benefits

If you qualify, you'll get a food package specially designed to meet your needs, and a Texas WIC card to use at the grocery store. It keeps track of your WIC food benefits and works just like a debit card.



Where can WIC be used?

There are over 2,100 stores statewide that accept WIC benefits. It's easy to shop for WIC foods. We give you all the help you need to make your shopping trip quick and easy!



Get Started Today!

Angelina County & Cities Health District

936-637-7242

503 Hill St.

Lufkin, TX 75904



USDA is an equal opportunity provider and employer.

Get Started Today!

Call 1-800-942-3678

or

Visit our website at

Texas  .org

to find a clinic near you



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