

Sample: PHFE WIC Social Media Graphics

Caption:

WIC services are available online and by phone! You do not need to visit a WIC office in person to apply for or receive benefits.

If you are pregnant or have a child under 5, WIC can help provide nutritious foods and more resources to keep your growing family healthy.

Dads, stepparents, grandparents, foster parents, and caretakers are welcome to apply for their children under 5 years old.

Southern California families: See if you qualify and apply online at www.phfewic.org/apply or by texting APPLY to 91997.

All other areas in the US: visit signupwic.com

WIC can help!

You may be eligible for WIC if you

- Are pregnant
- Are breastfeeding or chestfeeding a baby under the age of one
- Had a baby within the last six months
- Are a parent or caretaker of a child under the age of five
- Experienced a pregnancy loss within the last 6 months

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WIC participants receive

- Healthy foods
- Family resources
- Breastfeeding or chestfeeding support
- Nutrition information

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Apply for WIC today!

Call: 1-888-942-2229

Text: APPLY to 91997

Online: phfewic.org/apply

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