

who is **WIC** for ?

women

who are pregnant,
breastfeeding or
have given birth in
the last six months



infants

from birth to one
year of age

children

one year of age to their 5th birthday

what does
WIC
provide?

nutrition education

nutrition assessment, one-on-one
counseling, breastfeeding support and
Medical Nutrition Therapy

supplemental foods

healthy foods and infant
formula for your family

health services

referrals to other health and social
services within the health department
and in the community

contact us

We have several locations to serve the
needs of your family.

You can get more information on
our WIC program, or set up WIC
appointments at these different sites:

WIC Clinic South

2433 Regency Road
(859) 899-5260

Public Health Clinic

650 Newtown Pike
(859) 288-2483

WIC is an equal opportunity program. Persons
who believe they have been discriminated against
because of race, color, national origin, sex, age or
disability should write to the Secretary of Agriculture,
USDA, Washington D.C. 20250.



Find us on Facebook,
or follow us at twitter.com/LFCHD.
www.lexingtonhealthdepartment.org



a special supplemental food
and nutrition program

Lexington-Fayette County Health Department
www.lexingtonhealthdepartment.org

welcome to WIC

WIC saves lives and improves the health of nutritionally at-risk women, infants and children.

what will i learn?

Our program provides information and suggestions in order to meet your family's needs.

women

- healthy eating while pregnant
- healthy eating after having a baby
- strategies of breastfeeding
- how to meet your individual nutrition needs

infants

- how to feed your baby
- how to keep your baby healthy

children

- how to feed your growing child
- how to make healthy choices for your child



how do i qualify?

To qualify for WIC, you need to:

- receive Medicaid, food stamps, KTAP
- have a household income at or below 185 percent of poverty

during your visit

- you and/or child will complete a nutrition assessment
- you will talk with a nutritionist about making healthy choices for your family, and any other concerns you have
- if eligible for WIC, you will receive an EWIC card to use at stores that carry WIC foods
- you will make an appointment to return for your next follow-up appointment in 1-3 months

what should i bring to my appointment?

- photo ID
- proof of income
 - pay stub, recent tax form, unemployment check, child support information, letter from employer
- proof of residence
- Medicaid card
- child
 - if being added to the program or if visit is a certification

If already enrolled in the program, a WIC nutritionist will discuss what to bring for each visit.

