



# WIC 101: Health Care Providers

The WIC program aims to safeguard the health of women, infants, and children up to age 5 who are at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care.

Illinois WIC would not be what it is today without the support of health care providers, but it goes both ways! Refer your patients who may be at nutritional risk to us.

**We are dedicated to health equity and reducing health disparities.** ● ● ● ●

## WHY WIC?

### Participation is associated with:

- significant increases in adequate prenatal care and improvements in overall pregnancy outcomes.
- lower infant mortality rates among Medicaid beneficiaries.
- reduced rates of low and very low birth weight babies
- higher rates of immunization against childhood diseases

### WIC Foods

- WIC is dedicated to ensuring children have access to foods that promote healthy cognitive and physical development.
- The foods we offer are based upon National Academies of Science, Engineering, and Medicine recommendations, to provide good sources of iron, vitamin c, calcium, and protein.



### WIC SERVES PEOPLE WHO ARE:

- Pregnant
- Less than 6 months postpartum
- Breastfeeding an infant
- Infants
- Children up to age 5



### FOOD BENEFITS

The prescribed food benefits are loaded onto a EBT card people can use at the grocery store. It has never been easier to use WIC!



### GET CONNECTED

Connect with your local WIC office. We can provide you with referral forms, handouts, brochures, and even posters!



### CONTACT US:



(217) 782-2166



[www.dhs.state.il.us/](http://www.dhs.state.il.us/)

