

Get Inspired.

Every month, almost a million Texans come to WIC to get the services, support, and inspiration they need to eat right, have a healthy pregnancy, breastfeed successfully, and raise amazing kids!

Did you know more than half of the babies in Texas get WIC services?

WIC benefits are for:

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

Grow With Us.

We know your family's health is important to you. WIC helps Texas families like yours get healthy, and the best part is — **WIC grows with you**.



Texas WIC:













- helps you find other health-care services near you.
- helps you buy the foods that you and your children need to stay healthy.

Get Healthy Foods and More



There's more to Texas WIC benefits than helping your family buy healthy foods. You can take online classes, meet with other families, and get one-on-one nutrition counseling so you can make smart choices and delicious family meals!

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.

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

Your food package could include:

- Fruits and vegetables
 - 100% fruit and vegetable juices
- Milk, cheese, and yogurt
- Eggs
- Whole grains like brown rice, whole-wheat tortillas, whole-wheat pasta, and whole-wheat bread
- Healthy cereals
- Beans
- Peanut butter
- · Canned fish
- Baby foods and formula



Call 1-800-942-3678 to Get Started.

WIC is open to many incomes and families. If you are on Medicaid, TANF, or SNAP you may meet the income eligibility guidelines for WIC. If you don't qualify for those programs, **you may still be eligible for WIC**.

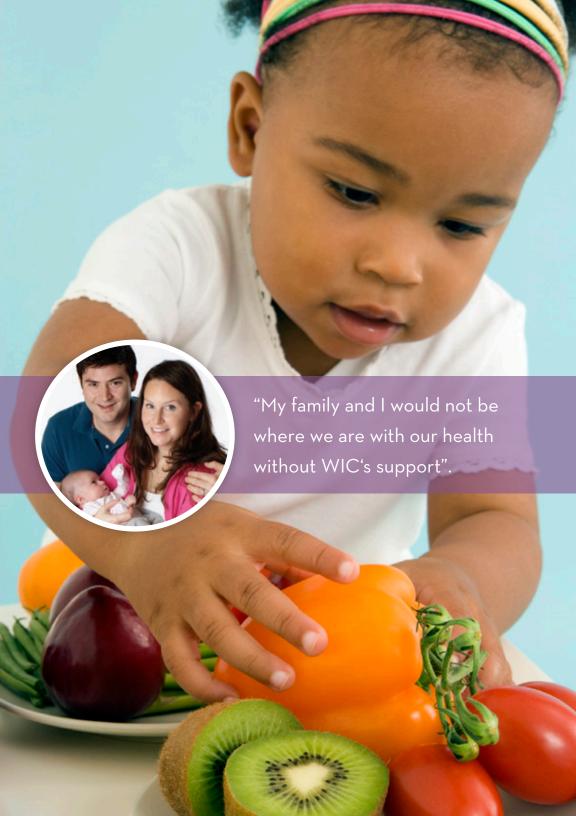
Once you're on the program, you'll come see us about every three months. We'll add more benefits to your Texas WIC card and talk with you about your family's health.



At the clinic, your friendly WIC staff will:

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

Call 1-800-942-3678 or go to www.TexasWIC.org to find a clinic near you.



Visit our website at TexasWIC.org.

1-800-942-3*6*78

WIC helps you make amazing kids!





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To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

- mail: U.S. Department of Agriculture
 Office of the Assistant Secretary for Civil
 Rights
 1400 Independence Avenue, SW
 Washington, D.C. 20250-9410;
- 2. fax: (202) 690-7442; or
- 3. email: program.intake@usda.gov.

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