



## Have questions?

**Call the Joseph Willard Health Center at 703-246-1700. After you select a language, press #2. You will be asked to leave your name and phone # and someone will call you back.**

WIC stands for Women, Infants and Children — and it's here to help pregnant women, mothers, infants and young children stay healthy and eat right during times of important growth.

- Educates pregnant women and new moms about nutrition, with personalized assessments, counseling and support
- Provides pregnant women, new moms, infants and children (up to age 5) with nutritious supplemental foods
- Brings women the support they need to breastfeed their babies
- Offers referrals to additional social services and healthcare resources

### **You are eligible to apply to Virginia WIC if you...**

- Are pregnant, breastfeeding, just had a baby or are a mother, father, grandparent, foster parent, or other legal guardian of a child under the age of 5.
- Are a resident of Virginia. You will not be asked about your immigration status.
- Have a nutritional need (this is determined at your local WIC clinic).



- Your income is within guidelines