A SNAPSHOT OF

WIC Nutrition Services

What is the purpose of the program?

WIC is the Women, Infants, and Children Supplemental Nutrition Program. WIC provides nutritious foods, nutrition education, and healthcare referrals to low-income infants, children up to 5 years of age, and pregnant, breastfeeding and post-partum women who are at nutritional risk.

What does the program do?

WIC promotes good health and positive food choices by providing nutrition education and foods that are selected for their nutrient content, availability throughout the state, and cost. Food packages are tailored to meet the needs of the participant within governmental guidelines. The new food package for 2009 includes milk, cheese, eggs, fruits, vegetables, juice, whole grain foods, fish, peanut butter, and beans.

WIC supports women, infants and children with special nutritional needs by providing medical foods such as Ensure or Pediasure. Proper documentation of medical need is required to receive these foods.

How many people are helped by the program?

Over 305,000 individuals received a monthly supplemental food package through the Georgia WIC program during 2008.

Why is the program important?

Participation in the WIC program has been linked to improved birth outcomes. WIC has been shown, through numerous studies, to improve the health and development of infants and children.

Who is eligible?

Children under age 5, pregnant, breastfeeding and post-partum women who meet residence, income, and nutrition-risk standards. Income Guidelines for WIC are set at 185% of the federal poverty level.

Where are services located?

Statewide. To locate services by county, visit http://health.state.ga.us/wic_clinics/clinic_lookup.aspx.

Outcome Measures

- Increase Breastfeeding Rates
- Improve Pregnancy Outcome
- Decrease at-risk for overweight in 2-5 years of age.

Legislative Authority:

Federal Child Nutrition Act of 1966

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