



## **WIC (Women, Infants, and Children) Clinic**

The Preble County WIC Program helps income eligible pregnant and breastfeeding women, women who have recently had a baby, infants, and children who are at medical or nutritional risk.

### **WIC helps:**

- Improve pregnancy outcomes by providing or referring to support services necessary for full term pregnancies.
- Reduce infant mortality by decreasing the incidence of low birth weights.
- Increases breastfeeding rates.
- Give infants and children a healthy start in life by providing nutritious foods.

### **WIC provides:**

- Highly nutritious foods such as iron fortified infant formula, milk, eggs, juice, cereal, and peanut butter.
- Nutrition education, breastfeeding education and support.
- Referral to prenatal care, pediatric health care and other maternal and child health and human service programs.
- WIC provides supplemental foods, nutrition education and referral to other agencies. A family of four can gross up to \$735 a week (before taxes).

**Breastfeeding classes are offered at various times throughout the year. For more information, call the Health District WIC clinic at 937-456-5457.**