

Connect with WIC today:

- Request an appointment at ColoradoWICsignup.com
- Visit ColoradoWIC.com
- Call 1-855-855-4626
(Food Resource Hotline)

WHAT IS WIC



WIC does not ask for, keep, or share information regarding visa status or citizenship. This institution is an equal opportunity provider.

EMPOWERING FAMILIES
WITH FOOD, NUTRITION
EDUCATION, AND MORE



HALF OF ALL INFANTS BORN IN COLORADO ARE ON WIC.

WHAT IS WIC?

WIC is the nation's most successful public health nutrition program. We provide healthy food, nutrition education, breastfeeding guidance, and community support to income-eligible pregnant women, moms of infants, and children up to 5 years old.

WHO IS ELIGIBLE?

- Pregnant women.
- Mothers of babies up to 6 months old.
- Mothers who are breastfeeding babies up to 12 months old.
- Babies and kids up to 5 years old.

Many people don't realize they're eligible for WIC. Households with a low to medium income or who receive Medicaid, SNAP, TANF or FDPIR are income-eligible for WIC.

WE'RE HERE FOR YOU

Did you know? Colorado WIC offers:



HEALTHY FOOD + NUTRITION TIPS

We help you feed your kids nutritious meals.

We provide:

- Monthly benefits to buy fruits, vegetables, whole grains, iron-rich foods, milk, cheese, yogurt, formula and more.
- An EBT card and smartphone app to make shopping for WIC foods easy.
- Tips on how to shop for healthy food, how to cook it, and how to encourage your kids to eat it.
- A larger food package for mothers who breastfeed exclusively to help them stay healthy.



A COMMUNITY OF SUPPORT

We offer a network of experts and peers for education and guidance:

- Nutritionists.
- Breastfeeding specialists.
- Breast pumps.
- Mother-to-mother support.



REFERRALS

We introduce you to care beyond WIC, including:

- Healthcare professionals such as pediatricians and dentists.
- Immunization services.
- Other services.