

Call today to apply

Call the Health Information Line at 401-222-5960 / RI Relay 711 (English and Spanish) or contact a local WIC office in one of the following communities:

Bristol	East Bay Community Action	253-7577
Central Falls	Children's Friend	752-7827
Coventry	Family Health Services of Coventry	589-2610
Cranston	Family Health Services of Cranston	946-4650
Hope Valley	Wood River Health Services	387-9638
Newport	East Bay Community Action	619-5970
Pawtucket	Children's Friend	721-6416
Providence	Children's Friend Berkshire	752-7590
	Children's Friend Friendship Center	752-7781
	Children's Friend Hartford	752-7920
	Meeting Street on Broad	632-4700
	Meeting Street on Eddy	533-9145
	Mt. Hope Community Center	521-8830
	Scalabrini Dukceovich Center	632-4770
	Sankofa West Elmwood Housing	453-3220 x100
	Women & Infants Hospital	274-1122 x42768
Riverside	East Bay Community Action	437-1007
Tiverton	East Bay Community Action	625-1364
Warwick	Westbay Community Action	732-4660
Westerly	Wood River Health Services	387-9611
West Warwick	Westbay Community Action	826-3230
Woonsocket	Thundermist Health Center	767-4109

This institution is an equal opportunity provider.



For Pregnant, Postpartum, and Breastfeeding Women

Nutrition education



Delicious and nutritious food



Connections to helpful services



What is WIC?

WIC is a health program that offers nutrition education and provides healthy food benefits to Rhode Island families who qualify.

WIC serves:

- ▶ Pregnant women
- ▶ Breastfeeding and postpartum women
- ▶ Infants and children up to age five



What does WIC do for pregnant women?

WIC helps pregnant women be as healthy as possible during pregnancy, resulting in healthier babies.

Pregnant women who participate in WIC:

- ▶ Receive benefits that allow you to buy healthy foods to support good nutrition during pregnancy
- ▶ Have babies with healthier weights
- ▶ Receive breastfeeding education, encouragement, and ongoing support



Women can also ask WIC for referrals to help with quitting smoking, health insurance, dental care, or other concerns during and after pregnancy.

www.health.ri.gov/wic

How does WIC support postpartum and breastfeeding mothers?

WIC encourages mothers to choose breastfeeding as the healthiest option for their babies. WIC provides:

- ▶ Breastfeeding education and support
- ▶ Breast pumps to eligible mothers if they have a medical necessity or when returning to work or school
- ▶ Additional foods to keep mothers healthy
- ▶ Nutrition education, including information on weight loss and healthy eating

WIC also provides food benefits, nutrition education, and other services for infants and children up to age five. Fathers, grandparents, or foster parents with young children may apply for WIC as well

Who is eligible for WIC?

FAMILY INCOME BEFORE TAXES	
If your family size is:	You can earn up to:
1 person	\$536 a week
2 people	\$728 a week
3 people	\$919 a week
4 people	\$1,110 a week
5 people	\$1,302 a week
6 people	\$1,493 a week
Income guidelines in effect May 2024 through June 30, 2025.	

If your income changes each week, you may still be eligible. Call the Health Information Line at 401-222-5960 / RI Relay 711 (English and Spanish) to see if your family qualifies.