

## Women, Infants and Children (WIC) Program:

The Cheyenne County Health Department Collaborates with the Sherman County Health Department to host WIC for Cheyenne County participants. Due to COVID-19 WIC is being held remotely. Listed below is the WIC information:

*This institution is an equal opportunity provider*

# KANSAS WIC PROGRAM

## What is WIC?

WIC is a nutrition program that provides nutrition and health education, healthy food, and other services to Kansas families who qualify. WIC stands for Women, Infants, and Children.



## Who's Eligible?

WIC clients must meet WIC income guidelines and have a medical or nutritional need. WIC serves Kansas residents

who are:

- Pregnant
- Breastfeeding mothers (up to baby's first birthday)
- Infants
- Non-breastfeeding mothers (up to 6mo post-partum)
- Children under 5 years old



## WIC Approved Foods

WIC benefits can be used to buy healthy food at over 350 authorized stores statewide. Examples of WIC foods include: fruits and veggies, milk/soy milk, whole grains, eggs, cereal, fruit juice, cheese, baby food, infant formula, peanut butter, canned/dried beans, canned tuna/salmon

For more information or to apply for the WIC program, contact:  
Sherman County Health Department ■ 1622 Broadway ■ Goodland, KS 67735

WIC Direct Access line: 1-800-899-4892 or 785-890-4888