



GIVE YOUR FAMILY A HEALTHY START

RAISING A FAMILY CAN BE CHALLENGING. WEST VIRGINIA WIC IS HERE TO HELP.

WIC offers a variety of services designed to help you and your family live a healthy life.

HOW CAN WIC HELP MY FAMILY?

Services and benefits offered:

- Personalized nutrition counseling
- Free, healthy food
- Breastfeeding support
- Healthcare referrals

WHO IS ELIGIBLE?

- Pregnant women
- Women breastfeeding an infant up to the infant's first birthday
- Postpartum women up to six months after delivery or end of pregnancy
- Infants up to their first birthday
- Children from age one until their fifth birthday

Applicants must also have a medical-based or dietary-based risk or condition and meet income guidelines.

WIC SHOPPING IS NOW EASIER

eWIC CARD

Participants can now purchase approved items using an electronic card to swipe at checkout.

ebtEDGE

ebtEDGE offers direct access to your eWIC card information so you can change your pin, view purchases and see future benefits. Visit ebtEDGE.com

WICSHOPPER™ MOBILE APP

See your benefit balance on your phone and scan items to see if they are WIC allowed.

CONTACT US

Call 1-844-601-0365 or 304-558-0030

Text localwic + zip code to 67076

Email dhhrrwic@wv.gov

Visit dhhrr.wv.gov/wic



This institution is an equal opportunity provider.

