

# Connecting to WIC is easier than ever with new locations

*WIC provides the food and resources you need to support your child's health all the way until their 5th birthday.*



## NEWBORN SUPPORT

Breastfeeding, pump, formula — whatever you choose, WIC's got you with lactation support, access to pumps and vouchers for infant formula.

## HEALTHY START

WIC nutritionists can support you with introducing your baby to solid foods and making sure they have the nutrition they need for healthy development.

## TERRIFIC TWOS

Picky eaters? No problem. WIC nutritionists are standing by with tips to help make mealtime easy.

## SCHOOL READY

Nutritious WIC foods, including fresh fruits and vegetables, will help your child's body and brain develop so they hit the ground running from their first day.

## PREGNANCY & MATERNAL HEALTH

WIC supports pregnant, breastfeeding, and non-breastfeeding postpartum women through counseling on healthy pregnancy eating, breastfeeding and lactation support, postpartum guidance, health care referrals, and supplemental foods designed to address their specific nutritional needs.

## SUPPORT FOR YOU

No more grocery vouchers — WIC benefits are discreet and can be accessed with a simple debit card swipe at many stores. And now more WIC meetings can be done by phone or online instead of at the WIC office.

## GET CONNECTED IN SOUTH CHICAGO

### Near North Health at Latino Resource Institute Illinois

#### Where

8910 S. Commercial Ave., Chicago, IL 60617

#### When

Second Thursday of the Month  
9 a.m. - 3:30 p.m.

#### How to get connected

Call for an appointment • 312-216-8039  
*Walk-ins welcome based on availability*

## LEARN MORE

*To learn more about WIC services in South Chicago, scan the QR code or visit, [chicagosfoodbank.org/wic-southchicago](http://chicagosfoodbank.org/wic-southchicago)*

