



Michigan.gov/WIC  
This institution is an equal opportunity provider.

Women, Infants, and Children (WIC) is a nutrition program that helps families remain healthy during an important time of growth and development. WIC provides nutritious foods, nutrition education, breastfeeding support, and referrals to other community programs that support families' health and well-being. WIC serves income-eligible pregnant and postpartum people, infants, and children up to age five.

## [Visit the Michigan WIC Website](#)

Check out these resources for more information:

- [Welcome to WIC](#)
- [WIC Foods](#)
- [Michigan WIC Client Resource List](#)
- [Michigan WIC Breastfeeding Resources](#)
- [Find a WIC Clinic](#)



### What WIC Does for You

- SAVE**  
Helps your family save money
- NOURISH**  
Provides nutritious foods
- GROW**  
Supports healthy growth and development
- CONNECT**  
Links families with other programs, providers and resources
- LEARN**  
Free nutrition and breastfeeding counseling from caring staff

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