



Where can I get WIC?

There are three Louisville Metro Public Health and Wellness WIC clinics conveniently located in Louisville Metro. Please call the closest or most convenient location to determine if you qualify for WIC. WIC offices are open from 8 a.m. to 5 p.m. Monday thru Friday. Each clinic also offers evening appointments one night a week. If you are unsure which location to call, please call the main office at 502-574-6676.

DIXIE HEALTH CENTER
7219 Dixie Hwy.
502-574-7975

NEWBURG HEALTH CENTER
4810 Exeter Ave.
502-574-5978

FAIRDALE
1000 Neighborhood
Place
502-574-7975

L & N BUILDING
908 W. Broadway
502-595-3121



Louisville WIC
GROWING HEALTHY FAMILIES

Call (502) 574-7975 or
visit LouisvilleWIC.org
for more information.



Some of the information in this brochure is used with permission and appreciation to the National WIC Association, www.nwica.org.



growing
healthy
families

For more than 40 years, the Women, Infants and Children (WIC) nutrition program has helped pregnant women, new mothers and young children eat well, learn about nutrition and stay healthy. Today, WIC is made easy with EBT cards for purchases and information online at

louisvillewic.org



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How WIC works

If you qualify for WIC (based on your income), you will receive nutritious foods to help you promote good health for your child or children. **You pay NO fees or charges to receive WIC benefits.** Plus you'll receive an eWIC card that looks like a bank debit or credit card.

At the end of your regular quarterly visit with your WIC nutritionist, your benefits will be electronically uploaded to your card. You can use it and shop for the foods you need at any participating WIC grocery or convenience store. Most stores clearly mark items that are approved for purchase for the WIC program. The eWIC card makes check-out quick and easy.

We can also connect you to other programs or medical services. To see a list of places that accept eWIC cards in Louisville, go to www.louisvillewic.org.

Easy. Fun. Convenient.

You may be eligible to eliminate one or two WIC clinic appointments by completing your nutrition education online. Just log on to wichealth.org from home, the library or any other convenient location using your computer, laptop, tablet or smartphone. Ask your WIC nutrition counselor if you qualify.



Who qualifies for WIC?

- Pregnant Women
- Breast-feeding women (up to the 1st year of age)
- Post-partum women (up to 6 months after delivery)
- Infants - up to the first year of age
- Children - up to the age of 5

Other qualifications

- Must live in Kentucky
- Must have nutritional need
- Need to be within the set income level that changes annually. To see if you qualify, see the income levels listed at www.louisvillewic.org
- If you or others living in your household are currently receiving Medicaid, KTAP, or Food Stamps (SNAP), you could be eligible for WIC as well.

Nutrition education

WIC helps the whole family eat better. If you are eligible for WIC benefits, you will receive nutrition education from a registered dietitian, nutritionist or nurse at every visit. They understand the dietary requirements and nutrition needed to promote health for you and your family. During your visits they provide you with nutrition education to help you understand the healthiest food items to choose to promote the best health for you and your family. Nutrition education varies depending on the growth and development of your children. Healthy lifestyles are very important in all stages of life, especially during early childhood and pregnancy.

Helping moms provide healthy foods for their families

Fresh Fruits & Vegetables

- Apples
- Bananas
- Avocados
- Berries
- Broccoli
- Carrots
- Cauliflower
- Greens
- Lemons
- Onions
- Peppers
- Plantains
- Spinach
- Squash
- Tomatoes
- Watermelon

This is a very small example of the fruits and vegetables allowed for WIC.

- Milk
- Cheese
- 100% natural fruit juice
- Iron-fortified cereals
- Peanut Butter
- Dried or canned beans or peas
- Eggs
- Whole grain breads, brown rice, whole grain tortillas
- Iron-fortified infant formula
- Healthy infant foods

The BEST food for your baby is breast milk.

Breastfeeding may be natural and healthy, but it isn't always easy. If you are pregnant, we can help connect you with classes, helpful information, breast pumps and even other moms who have been very successful at breastfeeding their babies. Ask your WIC counselor about breastfeeding your baby.

For local information, visit LouisvilleWIC.org.

