

## Support through WIC

The Women, Infants, and Children (or WIC) program offers free nutrition support to some women in Missouri. Until your youngest child is five years old, WIC services include:

- breastfeeding counseling
- free breast pumps
- work and school planning help
- support classes
- food vouchers during pregnancy
- Mother-to-Mother Peer Counseling Support

More information on WIC is in our Resources section.

