Timeline

- Community stakeholder assessment
- Individual pediatric practice assessments
- Shared global & individualized specific aims
- Initiate PDSA cycles
- Support data collection & tracking
- Facilitate opportunities to collaborate and improve relationships/communication between programs who impact child health
**WHAT FOODS DOES WIC OFFER?**

The WIC food package includes a variety of healthy options to help pave the way for a lifetime of nutritious eating.

<table>
<thead>
<tr>
<th>BEANS</th>
<th>WHOLE GRAINS</th>
<th>FRUITS &amp; VEGETABLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEESE</td>
<td>CEREAL</td>
<td>EGGS</td>
</tr>
<tr>
<td>CANNED FISH</td>
<td>PEANUT BUTTER</td>
<td>MILK</td>
</tr>
<tr>
<td>100% FRUIT JUICE</td>
<td>INFANT FORMULA</td>
<td>INFANT CEREAL &amp; BABY FOOD</td>
</tr>
</tbody>
</table>

*Check your state for specific guidelines.*
WIC’s Nutrition Benefits include:

**Nutrition Education**
- Personalized nutrition counseling
- Online nutrition resources
- Monthly classes on a wide-range of topics

**Breastfeeding Support:**
- Helps you to meet your breastfeeding goals

**Referrals to Health and Community**
- Connects you to prenatal or pediatric care, dental care, immunization and social services

**Healthy Foods: providing a wide range of healthy foods**
- Monthly benefit to buy wholesome foods at the grocery store
- Summertime farmers’ market coupons
Behavioral Health Services
- MAT for SUD
- Perinatal psychiatry
- Group therapy
- Individual therapy
- Trauma-informed care
- IOP and OP

Medical Services
- Prenatal care
- Women’s health care
- Contraception
- Hepatitis C treatment
- Pediatric care
- Dental collaboration

Supportive Services
- Peer support
- Case management
- Parenting classes
- Diaper bank
- Food shelf
- Playtime
- Health education
- WIC