

# Connect with WIC today:

## **NNPH WIC Clinic:**

1001 E. Ninth St., Bldg. B, Reno, NV 89512

Phone: 775-328-2299 | Fax: 775-328-2501

Email: [phwic@nnph.org](mailto:phwic@nnph.org)

Monday-Friday: 8:00 a.m.- 4:30 p.m.

## **South Reno WIC Clinic:**

601 West Moana, Ste. #3, Reno, NV 89509

Phone: 775-828-6600 | Fax: 775-828-6607

Email: [srwic@nnph.org](mailto:srwic@nnph.org)

Monday-Friday: 8:00 a.m.- 4:30 p.m.

## **Incline Village WIC Clinic:**

Call 775-828-6600 for information

Visit us at: [www.nnph.org/wic](http://www.nnph.org/wic)

Scan this QR code to access  
the WIC interest form:



*This institution is an equal opportunity provider.*

# WHAT IS WIC



EMPOWERING FAMILIES  
WITH FOOD, NUTRITION  
EDUCATION, AND MORE

NORTHERN NEVADA  
**Public Health**

# FOUR OUT OF TEN INFANTS IN THE U.S. ARE ON WIC

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## WHAT IS WIC?

WIC is the nation's most successful public health nutrition program. WIC provides participants with FREE nutritious foods, education, breastfeeding support, and referrals to health and other services.

## WHO IS ELIGIBLE?

- Pregnant individuals
- Birth-parent of infant(s) up to 6 months old
- Those breastfeeding infants up to 1 year
- Infants and children up to age 5

Qualifications for WIC: Families who meet income and eligibility guidelines, or are already receiving TANF, Medicaid or SNAP benefits. That includes parents, grandparents, foster parents, and legal guardians.

## WE'RE HERE FOR YOU

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Did you know? NNPH WIC offers:



### HEALTHY FOOD AND NUTRITION TIPS

#### Including:

- Monthly benefits to buy fruit, vegetables, whole grains, milk, cheese, yogurt, formula and more
- An EBT card and smartphone app to make shopping for WIC foods easy
- Tips for cooking kid-friendly, healthy meals
- Additional support for people who breastfeed



### A COMMUNITY OF SUPPORT

#### Get free access to:

- Registered Dietitians
- Lactation specialists
- Breastfeeding supplies, including breast pumps



### REFERRALS

#### Get help finding:

- Pediatricians, dentists & more
- Vaccines
- Other services as needed