

## WHERE CAN YOU GET WIC?

WIC has several clinics in this area. Call the toll free number on the back of this panel for more information. Good Nutrition starting with pregnancy, will provide the best possible start for babies and children to grow up strong and healthy.



### NAVAJO NATION WIC NUTRITION PROGRAM CLINICS

Chinle WIC Program  
(928) 674-2184

Crownpoint WIC Program  
(505) 786-2185

Farmington WIC Program  
(505) 327-9951

Ft. Defiance WIC Program  
(928) 871-7894

Gallup WIC Program  
(505) 722-4767

Ganado WIC Program  
(928) 755-5940

Kayenta WIC Program  
(928) 697-5507

Pinon WIC Program  
(928) 725-3755

Shiprock WIC Program  
(505) 368-1135

Tsaile WIC Program  
(928) 724-2200

Tuba City WIC Program  
(928) 283-3181

Winslow WIC Program  
(928) 289-3219

WIC is an equal opportunity program.

## THE NAVAJO NATION



**WIC NUTRITION  
PROGRAM**  
Division of Health  
P. O Drawer 1390  
Window Rock, AZ  
86515

**Toll Free Number:  
1-800-307-4231**

**Fax Number:  
928-871-6251**

## WHAT IS WIC?

The USDA Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a food and nutrition program that is here to help pregnant women, breastfeeding moms, and families with babies and young children.

Pregnant women who participate in WIC provide a healthy pregnancy for their baby. They also see their doctor early for prenatal care and eat more nutritious foods that have iron, protein, calcium and Vitamins A and C.

Being on WIC helps infants and children build healthy eating habits to aid normal growth and to maintain healthy blood. WIC also helps families to have a regular contact with their doctor.

## WHO IS ELIGIBLE?

- \*Pregnant Women
- \*Women nursing their baby/babies
- \*Women who just delivered less than six months ago
- \*Infants & Children up to 5 yrs of age.

### Eligibility is based on:

- ◆ Health or nutrition risk
- ◆ Low household income or if someone in the home gets Medicaid, AHCCCS, NN Self Reliance, TANF, Food Distribution, General Assistance, or is on the Supplemental Nutrition Assistance Program (SNAP).

## HOW DO YOU GET WIC?

### Make a WIC appointment.



### Documents to bring:

- **Proof of income:** Check stubs or a participation letter from SNAP, Food Distribution, Medicaid/ AHCCCS, NN Self Reliance, TANF, General Assistance (GA), etc.
- **Child(ren)'s immunization record(s)**
- **Medical referral for pregnancy, illness or other medical condition.**
- **Proof of residency:** Utility or telephone bill with current address, Driver's License, etc.
- **Proof of identity:** Birth Certificate, Driver's license, State ID card, etc.

**If eligible, you will be given checks for healthy foods.**

**We will share information on how to use your checks at WIC-approved grocery stores where you can shop.**

## WIC PROVIDES:

- \*Nutrition & Health Education
- \*Information and Support for Breastfeeding
- \*Nutritious Foods
- \*Referrals to other Health and Social Service Programs

