What is WIC?
The Nebraska Women, Infants and Children Nutrition Program (WIC) provides healthy food at no cost and breastfeeding and nutrition information to help keep pregnant women, infants and children under five, healthy and strong.

If you are eligible, you will receive checks to buy foods such as:
- Fresh fruits and vegetables
- 100% whole wheat bread, brown rice or tortillas
- Dried or canned beans
- Milk
- Cereal
- 100% fruit juice
- Cheese
- Peanut butter
- Eggs
- Tuna or salmon
- Baby food fruits and vegetables
- Iron fortified baby cereal
- Infant formula

1-800-942-1171

WIC is available in over 110 clinics across Nebraska. Call to find the site nearest you.

www.dhhs.ne.gov/wic/

WIC is an equal opportunity provider.

DHHS
NEBRASKA
Nutrition Program

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Healthy KIDS

Strong PARENTS