

# You work hard to raise a healthy family: Let WIC help!

WIC is a nutrition program for Women, Infants, and Children.



## You may qualify if you:

- Are pregnant, breastfeeding, or up to six months postpartum;
- Have a child under age 5; and
- Have low to medium income; and/or
- Receive SNAP (Food Stamps), Cash Assistance (TANF), or State Health Insurance (specifically Husky A); and
- Live in Connecticut

To find out more, go to  
[www.tvcca.org](http://www.tvcca.org)

## WIC provides:

- Up to \$50 per month toward healthy foods
- Nutrition education and health information
- Breastfeeding support
- Referrals to medical providers

Call us  
as soon as you  
know you're  
pregnant!

**For more information and to schedule an appointment: 860-425-6562**

## *Appointments now available:*

Second Tuesday of every month  
Noon to 3:30 p.m.  
at  
Cragin Memorial Library  
8 Linwood Ave  
Colchester, CT 06415



**Thames Valley Council  
for Community Action, Inc.**

