WIC Offers:

- Low Fat Milk
- Fresh Fruits & Vegetables
- Whole Grain Bread
- Beans
- Cheese
- Eggs
- Fruit Juice
- Cereal
- Peanut Butter
- Other Foods

For more information, contact one of our clinic locations:

ST. CROIX
Charles Harwood Complex
(340) 718-1311 x 3750
Fredericksted
(340) 778-7799

ST. THOMAS
Roy L. Schneider Hospital
(340) 776-1770 x 5609
East End
Tutu Park Mall
(340) 775-5922

ST. JOHN
Morris DeCastro Clinic
(340) 693-8186

WIC is here to serve YOU!
This Institution Is An Equal Opportunity provider - Rev. 07/08/09
**What is WIC?**

WIC is The Special Supplemental Nutrition Program for Women, Infants and Children, funded by the United States Department of Agriculture (USDA), and administered through the Virgin Islands Department of Health. It promotes health to moms and children through good nutrition and access to other health and social services.

**How Does WIC Work?**

By providing:
- Nutrition education and counseling
- Breastfeeding support, since WIC promotes breastfeeding as the optimum way to feed a baby
- Referrals to other health and social services
- eWIC cards to buy healthy foods

**Who Is eligible?**

- Pregnant Women
- Breastfeeding Women
- Women who just had a baby
- Infants
- Children under 5 years who live in low to middle income families

**What do you need to qualify?**

- Proof of your income (e.g. check stub, SNAP letter)
- Proof that you live within the Virgin Islands (e.g. valid VI ID, rent receipt)
- Proof of your identity (e.g. valid picture ID, birth certificate)
- A nutrition or health risk (e.g. underweight, overweight, anemia, poor diet)