



CONTACT US.

 717-299-7388

 wic@caplanc.org

 www.caplanc.org/wic

 601 S Queen St, Lancaster PA 17603

SCAN QR
CODE for
more info



The Women, Infants, and Children Nutrition Program (WIC) supports pregnant women, mothers and caregivers of infants and young children to keep themselves and their families healthy. WIC provides nutrition services, breastfeeding support, healthy foods, and referrals to health and social services.

WIC now offers a convenient EWIC card for your benefits so you can easily shop for what you need as you need it! In addition, WIC provides free health screenings and breastfeeding support at appointments in a timely manner to help our participants stay healthy and get you on your way! Some appointments can even be done over the phone (certain restrictions apply.)

This institution is an equal opportunity provider.

"Extra" SNAP Benefits are ending!

But don't worry! WIC CAN HELP.





EXCLUSIVELY BREASTFEEDING

Breastfeeding parents receive the largest package up to one year postpartum

- Cereal: 36 oz.
- Beans: 4 cans
- Milk: 6 gallons
- Cheese: 1 lb
- Juice: 3-48 oz bottles
- Eggs: 2 dozen
- Fruits & Veggies: \$49.00
- Peanut Butter: 18 oz.
- Whole Grains: 16 oz.
- Canned Fish: 30 oz.

AVERAGE SAVINGS: UP TO \$140/MONTH

FORMULA FEEDING MOM

Moms receive benefits up to 6 months postpartum

- Cereal: 36 oz.
- Beans: 4 cans
- Milk: 3 gallons
- Juice: 2-48 oz bottles
- Eggs: 1 dozen
- Fruits & Veggies: \$44.00

AVERAGE SAVINGS: UP TO \$95/MONTH

MOSTLY BREASTFEEDING MOMS

Moms receive benefits up to 1 year postpartum

- Cereal: 36 oz.
- Beans: 4 cans
- Milk: 5 1/2 gallons
- Cheese: 1 lb
- Juice: 3-48 oz bottles
- Eggs: 1 dozen
- Fruits & Veggies: \$44.00
- Peanut Butter: 18 oz.
- Whole Grains: 16 oz.

AVERAGE SAVINGS: UP TO \$115/MONTH

PREGNANT WOMEN

Receive benefits during pregnancy

- Cereal: 36 oz.
- Beans: 4 cans
- Milk: 3 gallons
- Juice: 2-48 oz bottles
- Eggs: 1 dozen
- Fruits & Veggies: \$44.00

AVERAGE SAVINGS: UP TO \$95/MONTH

*cheese and yogurt may be substituted for some milk for all categories

CHILD AGE 1-5 YEARS OLD

Science based food packages targeting growth and development

- Cereal: 36 oz.
- Beans: 4 cans OR Peanut Butter 18 oz.
- Milk: 4 gallons
- Juice: 2-64 oz bottles
- Eggs: 1 dozen
- Fruits & Veggies: \$25.00
- Whole Grains: 16 oz.
- Fruits & Veggies: \$25.00

AVERAGE SAVINGS: UP TO \$85/MONTH

INFANTS

Infants receive baby foods for 6 months. Formula benefits depend on how much formula infant is receiving and type of formula given

- Infant Cereal: 24 oz.
- Fruits & Veggies: 32 - 4 oz. containers

AVERAGE SAVINGS: UP TO \$40 FOR 6 MONTHS

