

Tennessee WIC Program

WIC is a Supplemental Nutrition Program offering:

- Food Benefits
- Nutrition Education
- Breastfeeding Support
- & More!



Buy food with your TNWIC card!



WIC Foods Include Fruits & Vegetables!



A family of four qualifies if they earn \$4,625 per month or less!

Online Nutrition Education Services!

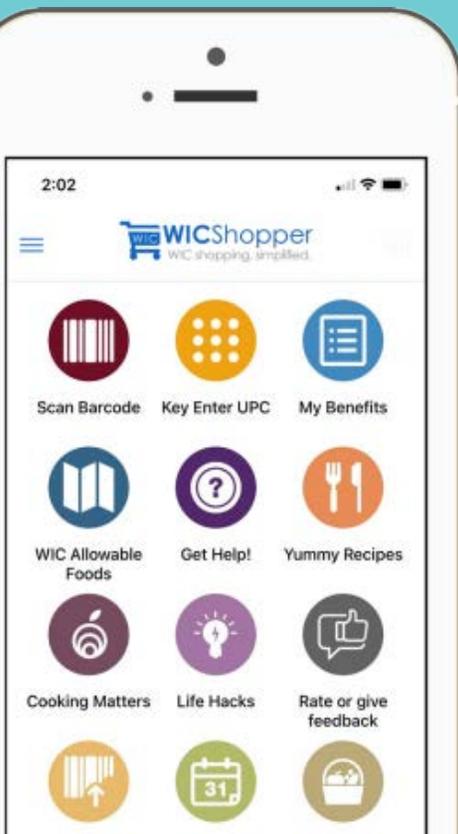


We have an app!



WICShopper App

- View your balance
- Find stores
- See approved foods



1-800-DIAL-WIC | 1-800-342-5942 | www.tn.gov/wic
This institution is an equal opportunity provider.

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What Does WIC Provide?

Supplemental Food Assistance, Nutrition Education, Breastfeeding Support, & Referrals to Other Health, Well-Being, and Community-Based Services

Who Is WIC For?

- Pregnant Women
- Postpartum Women
- Breastfeeding Women
- Infants
- Children Up To Age 5

Where Can You Get WIC?

WIC services are done in local Health Departments and WIC clinics. Telehealth communication is an option at some service locations as well.

All WIC participants and applicants must meet the income guidelines or already participate in Medicaid TennCare, SNAP, or TANF/Families First. For more information, visit: www.tn.gov/wic/income-guidelines

How Do You Apply?

Contact your local Health Department or WIC Clinic to make an appointment. To find one near you, visit: www.tn.gov/wic-clinics



Scan here with your phone to download the **WIC Shopper App**

Give Us A Call!

We'd love to answer any questions you have about the WIC program.

Our WIC Hotline is available
Mon. - Fri. 7:00 am - 4:30 pm CT
1-800-DIAL-WIC

How Does The Card Work?

Each family gets a **TNWIC** card!



Food benefits are loaded onto your account and can be used at grocery stores with your TNWIC card. Use your benefits as you need them!



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WIC Hotline: 1-800-DIAL-WIC | www.tn.gov/wic

TN Breastfeeding Hotline: 855-4BF-MOMS

breastfeeding.tn.gov