

Did you know?

Children on WIC receive milk, cereal, eggs, juice, bread, beans, peanut butter and fresh fruits and vegetables, saving you hundreds of dollars on healthy food each year.

FIVE REASONS

to stay on WIC

until age

5

1. Children have better growth and development
2. Promotes healthy weight
3. Children are better prepared for school
4. Pays for milk, fresh fruits and vegetables and other healthy food
5. Eating healthy helps children focus and behave better

Call us at 800-225-5942

Visit us at www.michigan.gov/wic



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