



Women in Alaska's Women, Infants and Children WIC program receive free healthy foods like fruits, vegetables, whole grains, milk and eggs, along with breastfeeding support and much more. Healthier diets mean healthier babies who grow and develop better than those whose mothers are at nutritional risk.

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Contact Information

ANCHORAGE & MAT-SU

Anchorage area	907-343-4668
Palmer	907-746-4080
Wasilla	907-376-4080

GULF COAST

Homer	907-235-5495
Kenai/Seward	907-283-4172 1-800-687-4172
Kodiak	907-486-1372
Valdez/Copper River Basin/Cordova	844-373-4467

INTERIOR ALASKA

Fairbanks-Resource Center for Parents & Children	907-456-9000
Interior/Fairbanks-Tanana Chiefs Conference	907-451-6682, EXT 3778 1-800-478-6682, EXT 3778

NORTHERN ALASKA

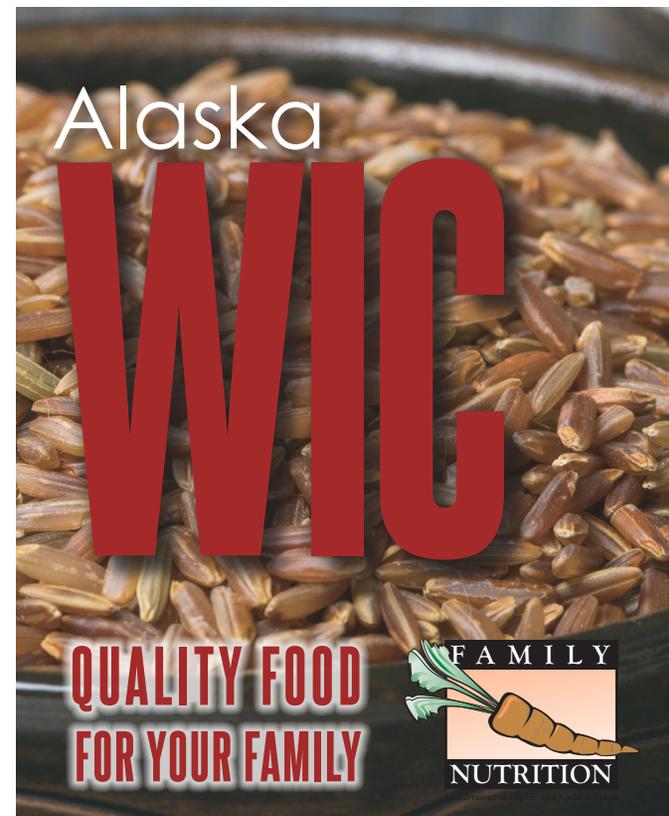
Barrow	907-852-0410
Nome	907-443-3299
Kotzebue	907-442-7181 1-800-478-3312, EXT 7181

SOUTHWEST ALASKA

Aleutians	907-269-3459
Bethel	907-543-6459 1-800-764-6459
Bristol Bay	907-842-2036 1-888-842-2037

SOUTHEAST ALASKA

Juneau	907-463-4099
Ketchikan	907-225-3392
Sitka	907-966-8352
Metlakatla	907-886-5872



907.465.3100



Do I qualify?

You qualify for WIC if you:

- ▶ are pregnant, recently gave birth or are breastfeeding, and/or have an infant or child under the age of 5;
- ▶ have a nutritional need; and
- ▶ have a household income that is less than or equal to the income guidelines listed on: <http://alaska.gov/go/ZQM9>.

You are already qualified if you:

- ▶ Receive Medicaid, ATAP, food stamps, free & reduced price school lunches, Denali KidCare, or are a foster parent of a child under 5.

How does it work?

Make an appointment by calling the WIC clinic nearest you or visit our website at FamilyNutrition.alaska.gov.

You can receive **monthly food vouchers**, which can be used at local grocery stores. These nutritious foods keep women, infants and children on track for healthy development during times of growth.

You will also receive **information on nutrition**, shopping for food, healthy meal planning, breastfeeding support and more.

You will receive **health referrals** for immunizations and other needed services for your family.

Approved foods

In addition to milk, cereal, cheese, eggs, juice, peanut butter and beans you will also receive:

More variety!

- ▶ Fresh, canned and frozen fruits and vegetables each month
- ▶ Whole grains like whole wheat bread, brown rice, soft corn tortillas, whole wheat tortillas, whole wheat pasta and oatmeal
- ▶ Canned salmon, tuna, mackerel and sardines for fully breastfeeding moms
- ▶ Soy beverage in place of milk
- ▶ Some tofu in place of milk
- ▶ Yogurt

Changes to support a healthy lifestyle!

- ▶ Less milk and only lower fat milk for everyone over 2 years old
- ▶ Less cheese, eggs and juice

Healthy choices for babies

- ▶ Baby fruits and vegetables for babies over six months
- ▶ Baby food meats for fully breastfed babies over six months

