WIC is a nutrition program that provides food and nutrition education to:

Women who are —
- Pregnant
- Breastfeeding
- Mothers of babies up to 6 months old

Infants —
- Under 1 year old

Children —
- 1 to 5 years old

The WIC Program provides
- Nutrition education
- Breastfeeding support
- Referrals to other health & social service agencies
- Supplemental foods
- Infant feeding classes: learn what to expect with breastfeeding & breast milk substitutes, how and when to introduce baby foods, and nutritious eating from infancy to toddlerhood.

Your income must meet WIC guidelines

<table>
<thead>
<tr>
<th>Family Size</th>
<th>Annual</th>
<th>Monthly</th>
<th>Weekly</th>
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</table>

Anyone on Medicaid will meet WIC guidelines.
A pregnant woman equals a family size of two (2).

JH 7/1/2016
Muskingum County WIC Program
333 Putnam Avenue
Zanesville, OH 43701

Office Hours:
Monday—Friday
8:00am to 4:30pm

Please call for an appointment
740-454-5040
www.zmchd.org

Ohio Healthy Baby Hotline

For more information on other county WIC programs or other programs for families, call 1-800-755-GROW.