HOW WIC HELPS
THE EVERGREEN STATE

MISSION OF WIC
To assure healthy pregnancies, healthy birth outcomes and healthy growth and development for women, infants and children up to age 5 who are at nutritional risk, by providing nutritious supplemental foods, breastfeeding promotion and support, education on healthy eating, and referrals to healthcare and critical social services.

FUN FACTS

WIC CASCADES PROJECT IS ON SCHEDULE TO PILOT EBT BEGINNING MARCH 4, 2019

FROM OUR PARTICIPANTS

“Dearest WIC Office,
You gals got me through some pretty dark times at the beginning of my nursing journey. Now, a year later [my 13 month old] is still loving her Mama’s Milk. You guys are an amazing Community Resource and we are incredibly grateful for the help.
W-Women to Women
I-Information
C-Compassion.”

WIC PARTICIPANT, WASHINGTON

“I am writing on behalf of my experience with my lactation consultant I feel that she did her job properly and was so welcoming and sweet in the early days of breastfeeding. My daughter is now a year old and still breastfeeds and I am very proud of that. My lactation consultant helped me have confidence in the first weeks and since then, I have had that same confidence and motivation to continue. She came to my house when I needed her and didn’t make me feel stupid for any questions I asked her. I am very grateful that I was able to have her as my LC.”

WIC PARTICIPANT, WASHINGTON

WHO PARTICIPATES IN WIC?
Washington WIC Participation FY 2017

- Pregnant Women: 13,767
- Fully Breastfeeding Women: 8,824
- Total Breastfeeding Women: 14,206
- Postpartum Women: 7,514
- Infants: 32,939
- Children: 89,027
- Total: 157,453
- Coverage (% eligible): 53.50%


MARCH 2019
Please direct all questions to NWA at 202.232.5492
**WIC IS EFFICIENT**

Washington WIC Food and Nutrition Services Benefits FY 2017

- Average monthly food value per participant: $38.93
- Net federal food cost: $73,549,933
- Competitive bidding savings: $25,336,716
- Nutrition, client services, and program management: $48,936,115
- Total funds to state: $147,822,764

Source: USDA 2016 WIC Participant and Program Characteristics (PC) Report. PC data allows for standardized comparisons to demonstrate overall progress. Some states collect more data than required by the PC Report and may yield different and more current results than shown.

**BREASTFEEDING**

Source: USDA FNS WIC Program Data FY2017 https://www.fns.usda.gov/pd/wic-program

- National WIC Participant Breastfeeding Initiation Rates
- Washington WIC Participant Breastfeeding Initiation Rates

**EBT STATUS**

Washington is implementing WIC EBT/eWIC statewide. All state WIC programs must transition from paper vouchers to electronic benefit transfer cards (EBT) by 2020.

**WIC SUPPORTS MILITARY FAMILIES**

In addition to being available to military families across the state, Washington WIC has several WIC clinics that are located on military Joint Base Lewis-McCord and Anacortes.

**CONTACT DETAILS**

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