

**The La Crosse WIC Program**

Phone: 608-785-9865

Email: [laxwic@lacrossecounty.org](mailto:laxwic@lacrossecounty.org)

Like us on Facebook! <https://www.facebook.com/wicandnutrition>

The goal of the WIC program is to support and educate pregnant, breastfeeding and postpartum women, infants, and young children in achieving optimal health and nutrition!

**WIC provides:**

- **Nutrition Education - Your WAY!**
  1. Visit [www.wichealth.org](http://www.wichealth.org)
  2. Phone consultations
  3. In-person visits with Nutrition Expert
  4. Flipchart/Computer Kiosk at the office
- Nutritious foods such as, milk, eggs, cereal, fruits and vegetables, whole wheat/whole grain foods, juice, canned or dried beans and peas, peanut butter
- Breastfeeding information and support services
- Referrals to other community resources

**June 2015 welcomes eWIC!**

- Safe: No more paper checks.
- Simple: Hassle-free checkout.
- Convenient: Only buy the food you need each time.



eWIC Customer Service: [www.ebtedge.com](http://www.ebtedge.com)

**How to Apply for WIC:**

- [Online WIC Application](#)
- Or call: 608-785-9865

WIC Income Guidelines: <https://www.dhs.wisconsin.gov/wic/income-guidelines.htm>

eWIC Rights and Responsibilities: <https://www.dhs.wisconsin.gov/forms/f44161e.pdf>

USDA is an equal opportunity provider and employer.  
Please find the full non-discrimination statement at:  
<https://www.dhs.wisconsin.gov/wic/non-discrimination.htm#english>

