



*Women in Alaska's
Women, Infants and
Children program
receive free healthy
foods like 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.*



Anchorage & Mat-Su

Municipality of Anchorage	343-4668
Family Practice Center	273-9384
Eagle River Clinic	694-2131
Muldoon	343-4500
Anchorage Neighborhood Health Center	257-4633
Providence Hospital	261-4932
Palmer	746-4080
Wasilla	376-4080
Elmendorf Clinic	580-2150
Ft. Richardson Clinic	384-2033
St. Anthony Clinic	333-5231

Gulf Coast

Homer	235-5495
Kenai	283-4172
Kodiak	486-5958
Valdez/Copper River Basin	835-2173
	1-800-457-5731

Interior Alaska

Fairbanks/RCPC	456-2990
Eieleson	377-3119
Ft. Wainwright	353-7785
Fairbanks/TCC	451-6682
	1-800-478-6682 ext. 3778

Northern Alaska

Barrow	852-0410
Nome	443-3299
Kotzebue	442-7181
	1-800-431-3321 ext. 5181

Southeast Alaska

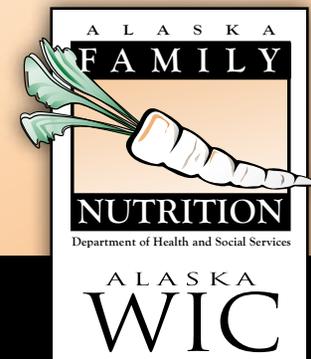
Juneau	463-4099
	1-800-330-2229
Ketchikan	225-3392
	1-800-854-0878
Metlakatla	886-6911
Sitka	966-8352
	1-877-966-8352

Southwest Alaska

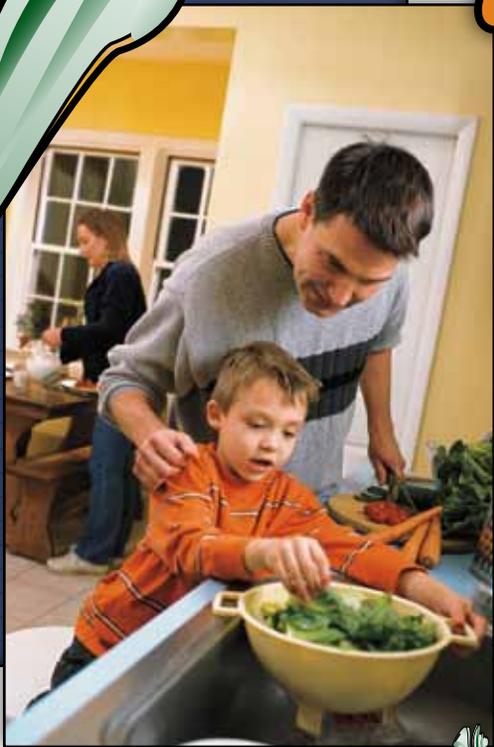
Aleutian/Pribilof Isl. Assn. Inc.	276-2700
	1-800-478-2742
Bethel	543-6459
	1-800-764-6459
Bristol Bay	842-2036
	1-888-842-2037



QUALITY FOOD
for
YOUR FAMILY



Call or visit
(907) 465-3100
FamilyNutrition.alaska.gov



How Does It Work?

Make an appointment by calling the WIC clinic nearest you (see back) 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.



Do I Qualify?

You Qualify for WIC if you:

Are pregnant, recently gave birth (postpartum), 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. (see insert)

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.



Approved Foods Include

Milk	Fruit Juice	Carrots
Cheese	Infant Formula	Cereal
Eggs	Peanut Butter	Dried Peas
Tuna Fish	Pink Salmon	Dried Beans

You will also receive information on nutrition, how to shop for food, healthy meal planning, breastfeeding support and much more.

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

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

