



Custer County Health Department  
Creating a State of Health

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The Women, Infants & Children (WIC) program is committed to helping you have a healthy pregnancy, healthy baby and healthy children. WIC provides nutrition education, healthy foods and breastfeeding support so that you and your family can make life-long healthy eating and life-style choices.

**WIC nutrition education is fun, exciting and convenient!** WIC participants have the opportunity to learn about a variety of topics such as healthy snacks, quick and easy meals, healthy fast foods and feeding picky eaters. WIC offers different types of nutrition education so that everyone (including those strapped for time) can take part in this great experience!

**WIC provides healthy and delicious foods!** WIC now offers a wider variety of healthier choices including fresh and frozen fruits and vegetables, whole grains and infant foods. Not only are these foods delicious, but they are convenient and easy to use!

**WIC supports breastfeeding!** Breastfeeding moms need lots of support. WIC is here to help you with your breastfeeding needs. WIC will provide breastfeeding moms with information, a breast pump, healthy WIC foods and personal assistance when needed. WIC has so much to offer you and your family! In addition to the foods and education, we will also connect you with other resources to help you raise a healthy family. Call 1-888-OKLAWIC (655-2942) to find the nearest clinic location and schedule an appointment or visit the Custer County Health Department.