What is WIC?

WIC safeguards the health of low-income women, infants, and children up to age 5 who are at nutritional risk. This mission is carried out by providing nutritious foods to supplement diets, nutrition education (including breastfeeding promotion and support), and referrals to health and other social services.

What food benefits do WIC participants receive?

The foods provided through the WIC Program are intended to supplement participants’ diets with specific nutrients. WIC authorized foods include:

- Infant cereal
- Baby foods
- Iron-fortified cereal
- Fruits and vegetables
- Eggs
- Milk
- Cheese

Special infant formulas and medical foods may also be provided if medically indicated.

Am I eligible?

Pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 who meet certain requirements are eligible. These requirements include income eligibility and State residency. Additionally, the applicant must be individually determined to be at “nutrition risk” by a health professional or a trained health official at your WIC visit.

What is “nutrition risk” and why is it important?

Two major types of nutrition risk are recognized for WIC eligibility:

- Medically-based risks such as: anemia, underweight, history of pregnancy complications, or poor pregnancy outcomes
- Dietary risks such as: inappropriate nutrition/feeding practices or failure to meet the current Dietary Guidelines for Americans

Program benefits include more than food.

WIC benefits are not limited only to food. Participants have access to a number of resources, including health screening, nutrition and breastfeeding counseling, immunization screening and referral, substance abuse referral, and more.

I’m eligible, what do I do next?

Contact your State agency to request information on where to schedule an appointment. Applicants will be advised on what to bring to the appointment in order to verify eligibility.
Women, Infants, and Children (WIC)

Davidson County Health Departments

Nashville and Davidson County Metro Public Health Department
2500 Charlotte Ave
Nashville, TN 37209
(615) 340-5616

Mid-Cumberland Regional Office
710 Hart Lane
Nashville, TN 37216
(615) 650-7000

Tennessee Department of Health
Central Office
710 James Robertson Pkwy
Nashville, TN 37243
(615) 741-3111