



IOWA WIC PROGRAM



The Iowa WIC (Women, Infants, and Children) program is a supplemental nutrition program for infants, children up to age 5, pregnant women, breastfeeding women, and women who have had babies in the last six months. WIC provides nutritious foods such as milk, yogurt, cheese, eggs, cereal, whole grains, juice, fresh or frozen fruits and vegetables and infant formula. WIC also provides nutrition advice from trained professional and referrals for health care. Call the numbers below for more information or to schedule an appointment today!

To locate WIC services in your area, please call

Jones County (319)550-6311

Linn County (319) 366-7632

All other counties please call 1-800-532-1579 or visit:

www.coronavirus.iow.gov/pages/faqs#Food-security

This institution is an equal opportunity provider.

Worried about health insurance for your children?



Hawki Outreach Service Area has staff available by phone to help families with children ages 0 - up to age 19 apply for Hawki and Medicaid. Call your HACAP representative at 319-739-1510 for more information.



Learn more at www.hacap.org/hawki or by emailing mcanfield@hacap.org
www.dhs.iowa.gov/hawki

MORE THAN JUST CHILDCARE...

- ✓ Head Start/Early Head Start provides children with developmentally appropriate activities to help them grow
- ✓ Children Birth – 5 years of age
- ✓ Full Day/Full Year & Part Day/School Year slots available
- ✓ No Cost to Attend for Income Eligible Children
- ✓ Applications available on-line www.hacap.org or call us 319-393-7811



HACAP Head Start/Early Head Start
Serving families in Benton, Iowa,
Johnson, Jones, Linn and
Washington Counties for 55 years

CONTACT US TODAY:

HACAP HS/EHS

319-393-7811

WWW.HACAP.ORG

HACAP is an equal opportunity provider and United Way member agency