

Helpful Links

WIC Websites

Wisconsin WIC Program- Information on the Wisconsin WIC Program administered by the Department of Health Services at <http://www.dhs.wisconsin.gov/wic/index.htm>

USDA Food and Nutrition Program- Information from the National WIC Program which is administered by the United States Department of Agriculture at <http://www.fns.usda.gov/wic/>

Milwaukee County WIC Projects- Locations of WIC projects in Milwaukee County and local program information at <http://www.milwaukeecountywic.com/index.htm>

Local Resources

Waukesha County Food Pantry- Non-profit organization located in Waukesha and various other cities throughout the county that distribute donated and purchased food as well as government surplus at <http://waukeshafoodpantry.org/>

Waukesha County Nutrition Coalition- The Waukesha County Nutrition Coalition (WCNC) is a group of member agencies addressing the issues of hunger and food insecurity in Waukesha County. <http://waukesha.uwex.edu/family-living-education/nutrition-coalition/>

211-First Call for Help- A 24/7 information and crisis line to provide counseling help or referral to community resources at www.impactinc.org/impact-2-1-1

La Casa De Esperanza- <http://www.lacasadeesperanza.org/>

BadgerCare Plus- <http://www.dhs.wisconsin.gov/badgercareplus/>

Access- A state of Wisconsin website connecting you to programs related to health, nutrition and child care at <https://access.wisconsin.gov/>

Forward Health- <http://www.dhs.wisconsin.gov/ForwardHealth/index.htm>

Nutrition Information

Fruits and Veggies More Matters- Encourages eating more fruits and vegetables by providing shopping tips, health information and recipes at <http://www.fruitsandveggiesmorematters.org/>

ChooseMyPlate.gov- USDA Food guide including nutrition, physical activities, dietary guidelines, educational materials and resources for all ages at <http://www.choosemyplate.gov/>

The American Dietetic Association- Excellent source for trustworthy, science-based, food and nutrition information for the public and professionals at <http://www.eatright.org/>