

The National WIC Program

Since 1974, the national WIC program has provided much-needed nutrition and health benefits to low-income women, infants, and children in the United States. The WIC program began by serving 87,657 participants in 1974 and grew to serve 7,631,008 participants in 2003. The WIC program not only provides participants with supplemental foods through a monthly package tailored to meet their special dietary needs, but WIC also provides nutrition education, breastfeeding support to mothers, and information on how to shop for nutritious foods. The combination of essential food, health referrals, and nutrition education is a key component of WIC's success.

WIC Participation by Category United States 1974-2003

