



# **WIC OVERSEAS**

**Naples, Italy**

# WHAT IS WIC OVERSEAS?

WIC Overseas is a nutrition education and supplemental food program that aims to improve the overall health and wellness of families



# WHO IS ELIGIBLE?

- Active duty service members and their dependents
- DoD civilian employees and their dependents
- DoD contractors and their dependents

(\*DoDEA and DECA employees are not eligible)

# WHO CAN ENROLL?

- **Pregnant Women** (as soon as you find out your pregnant, even before your first OB appointment)
- **Breastfeeding Women** (up to infant's first birthday even if only partially breastfeeding)
- **Post Partum Women** (non-breastfeeding women up to 6 months)
- **Children 0- 5 yrs**

# WHAT ARE THE BENEFITS?

- Basic nutrition and health screenings
- Drafts to be redeemed for nutritious foods
- Access to resources & tips that help you and your family lead healthier lives
- Healthier birth weights for babies
- Reduced anemia rates for children
- Breastfeeding support
- Breast pump loan program
- Breastfeeding/pumping room open to everyone



# FOOD PACKAGE EXAMPLES



**TO FIND OUT IF YOU QUALIFY**

**Call your local office**

**WIC OVERSEAS – Naples**

**DSN 629-4960**

**Commercial 081-811-4960**

**1<sup>st</sup> floor of Navy lodge building (next to Fleet and  
Family)**