

Florida WIC App is Here!

With the Florida WIC app, you can:

- ▶ View details on upcoming appointments
- ▶ View information on your benefits
- ▶ Scan an item to see if it is WIC approved
- ▶ Find WIC clinics near you
- ▶ Find where to shop
- ▶ Receive notifications
- ▶ Access other resources and Florida WIC information

The Florida WIC App is available in English and Spanish.

Visit flwic.org for more information.



To get started:

1 Visit the App Store or Google Play or scan the QR code:



2 Install.

3 Use your Florida WIC EBT card to register.



😊 **Don't forget to use all of your WIC food benefits each month!**

Ready to shop?

Remember these shopping tips:

- **Save time and money by making a list first.** This way you will only buy foods that you need.
- **Have a snack before shopping.** Grocery shopping while hungry can lead us straight to the chips and cookies!
- **Choose your perishable foods last.** This will help foods stay a safe temperature longer.
- Use your **Florida WIC app** to see if the food you want is an approved WIC food on your EBT card.



This institution is an equal opportunity provider. 7/2019



Florida Department of Health WIC Program
www.FloridaWIC.org
www.HealthiestWeightFL.com