**Caregiver Resources**

**WIC helps families in many ways**
Washington WIC gives families access to nutritious food and provides health screening, risk assessment, nutrition education, breastfeeding support and referrals to health and social services. meet the needs of families.

WIC enrolls new applicants, provides nutrition education and breastfeeding support and issues food benefits by phone or video chat.

- WIC expanded the choice of foods allowed for purchase using WIC benefits.
- Participants now shop for WIC foods using a WIC card, which makes shopping easier.
- Given layoffs and other economic consequences related to COVID-19, people may be seeking WIC services for the first time. WIC has capacity and welcomes new families.

To find WIC services in your area: Text "WIC" to 96859

**Parent Help 123**
[https://www.parenthelp123.org/](https://www.parenthelp123.org/)

**Try these APPs**

- **WIC Shopper APP**
  [WIC](#)
- **PBS Parent Play and Learn**
  [Play and Learn](#)

**Printable Activities**

- **Math Snacks**
  [Math is Everywhere](#)
- **Learn at Home BINGO**
  [SHAPE BINGO](#)
- **Enchilada Recipe**
  [Recipe](#)
- **Signs of Fall Activity**

**Play & Learn Websites**

- **Highlight Magazine for Kids**
  [https://www.highlightskids.com/](https://www.highlightskids.com/)
- **LEGO Play**

**Videos to Watch**

**READY ROSIE**
How Many in the Car?