**Reflection on WIC 101**

This course gives an overview of the history, mission, benefits and services of The Special Supplemental Nutrition Program for Women, Infants and Children program, otherwise known as WIC. It helps families stay healthy by providing nutrition education, breastfeeding support, nutritious food, and referrals to other health services and resources.

I was aware of the WIC program but never knew the specific eligibility requirements and what kind of foods were provided. My favourite section was the variety of foods listed that are provided to WIC participants like eggs, milk, canned fish, and infant cereals in addition to State options including brown rice, soy-based beverages, yogurt and tofu.1 This course does a great job at explaining these areas clearly and concisely.

**Reference**

1. Percipio. wiclearning.percipio.com. https://wiclearning.percipio.com/linked-contents/abf2fb6d-aeb4-4bdd-ba23-df9674b96eed/landing

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