

## Can Men participate in WIC?



**WIC welcomes men!** WIC recognizes the important role that fathers, grandfathers, stepfathers, and other guardians play in caring for kids. Fathers and other caregivers of kids under 5 are encouraged to enroll and bring kids to appointments, attend nutrition and health education sessions, and use WIC checks in grocery stores. For all questions related to the PHFE WIC Program please call: **(888) 942-2229**

Celebrate the Moms in your life with a delicious and nutritious breakfast in bed for mom. Click below for delicious and nutritious **“breakfast in bed”** recipes using your WIC foods.