

ARKTOS ASSOCIATES

Dave Hanson
Mediation and Arbitration Services

ANCSA, 14(c), Resource Development & Land Disputes
Environmental, Regulatory & Commercial Conflicts

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I was pregnant. Even with my husband and me working it was hard to get ahead. Then a friend told us about the WIC Program. The WIC Program wants to make sure that infants and children get a healthy start and that women, like me get good nutrition. WIC is a program you can trust.

WIC is a nutrition education program that provides supplemental foods which promote good health for women during and after pregnancy and for children up to five years old.



FREE HEALTHY FOODS & NUTRITION INFORMATION

Milk, Eggs, 100% Pure Fruit Juice, Cheese, Peanut Butter,
Iron-Fortified Cereals, Infant Formula,
Dried Beans & Peas, Carrots, and Tuna Fish

FOR MORE INFORMATION CALL

1-800-478-2221

The WIC Program does not discriminate because of race, color, national origin, age, sex, or handicap. If you think you have been discriminated against, write to: Director, Special Supplemental Food Program (WIC), Food and Nutrition Services, U.S. Department of Agriculture, Washington D.C. 20250

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Sewing Skins for the Villages.**