

## WIC AND POSTPARTUM DEPRESSION RESOURCES

### **Resources:**

1. A new website for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) at <https://texaswic.org/>. The website includes features such as online nutrition classes, recipes, and a newsletter feature that provides parents with customized information based on the child's current age for children ages 1-5.

Parents can subscribe to the newsletter [here](#) for information in English and [here](#) for information in Spanish.