



Women, Infants, and Children (WIC) Overseas Program



Location: Room 106, Building E-22, Yokosuka Naval Hospital, Yokosuka Japan

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What is WIC Overseas

The Department of Defense (DoD) offers the Women, Infants, and Children (WIC) Overseas program to eligible participants overseas. WIC Overseas is a quality of life program that enhances the well-being and readiness of DoD personnel overseas.

Program Benefits

WIC Overseas provides eligible participants with the following benefits:

➤ **Supplemental Nutritious Foods that may include:**

- Iron-fortified Formula and Infant Cereal
- Iron-fortified Adult Cereal
- Fresh Milk and/or Cheese
- Vitamin C-rich Fruit/Vegetable Juice
- Eggs
- Dried Beans or Peanut Butter
- Vitamin A-rich Vegetables
- Canned Tuna

➤ **Individualized nutrition counseling**

- Nutrition counselors customize food packages to fit the participant's needs and provide nutrition information to help promote good health and proper nutrition

➤ **Referral to Health & Related Services**

➤ **Japanese Interpreter**