



Helpful Resources for WIC Families



Connect ATX

Connect ATX is a website where you can search for resources in the Austin area. Find resources to help with food, housing, childcare, healthcare and so much more!

Website:

<https://www.unitedwayaustin.org/connectatx/>

Free Food Access

Call 211 or use Connect ATX

Food Pantry List

Central Texas Food Bank keeps an up to date list of all Austin area food pantries that have free food available.

Website:

<https://www.centraltexasfoodbank.org/get-help>

Nutrition for your Family

We have included a list of websites that have great information on a variety of nutrition topics, fun recipes, activities for kids and so much more!

Texas WIC:

<https://texaswic.org/>

Healthy TX Kids You Tube Channel:

<https://www.youtube.com/channel/UCiPSFh-iUyxBK2UpAWm9d4w>

USDA My Plate:

<https://www.choosemyplate.gov/>

USDA Topics:

<https://www.nutrition.gov/topics/nutrition-age/children/food-and-nutrition>

Bright by Text

Free program that texts info about fun activities, child development, health, safety and other tips based on your child's age (children 0 – 8 years).

Text:

Text SMARTATX to 274448 to join Bright by Text for free

Follow us

Follow our group page on Facebook to get clinic updates, nutrition and breastfeeding info and other great updates and info.

Website:

<https://www.facebook.com/groups/atxfamilycare/>
Austin Public Health- ATX Family Care group

Breastfeeding Support

Mom's Place is our Austin lactation center that provides breastfeeding help and support for our WIC families.

Website:

<https://www.austintexas.gov/content/moms-place>

Contact Austin Public Health WIC

Email: WIChelp@austintexas.gov

Phone: 512.972.4942

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