

RENEW counseling: Skilled staff; Nutrition-focused

Try the activity on your own or with others from your agency.

RENEW Review Activity: Community Resilience

Just like individuals can take steps to improve their own resilience, communities can take steps to improve the resilience of everyone who lives there. WIC is an example of a program that can improve the resilience of the whole community. WIC doesn't just serve women and children, we support the whole family. WIC even influences the kinds of foods that are sold in grocery stores, so that everyone has access to the healthy foods that WIC provides.

Watch a video about how a community can support resilience

- Play [the Resilience Game](#) (varies)
- Learn about [the Brain Hero](#) (2:58)
- See [Core Story: Resilience](#) (6:59)

Reflect on WIC in your community

In your role as a WIC staff person, what do you do to support the resilience of individual participants?

Other than foods, how does WIC support resilience?

How do you think the WIC program supports the resilience of families?

What could your agency do to better connect families to resources in your community?

What role does your local WIC program play in your community? How could that role be strengthened?

What would your community be like without a WIC program? What would be different? How would that impact families in your community?