

WIC

The nation's most successful & cost-effective public health nutrition program.



WHAT IS WIC?

A supplemental food program that offers:

- ▶ Monthly benefits for healthy foods, such as
 - ▶ Milk, yogurt, cheese & soy beverages
 - ▶ Cereal, brown rice, corn or white tortillas, whole wheat bread & pasta
 - ▶ Fruit or vegetable juice, fresh fruits & vegetables
 - ▶ Dried or canned beans, peas & lentils
 - ▶ Eggs
 - ▶ Canned tuna or salmon
 - ▶ Peanut butter
 - ▶ Baby foods, infant cereal & formula

- ▶ Nutrition & breastfeeding education
 - ▶ Prenatal nutrition
 - ▶ Eating tips for you child
 - ▶ Parenting tips
 - ▶ Healthy recipes
 - ▶ Breastfeeding support



- ▶ A community of support on staff
 - ▶ Nutritionist
 - ▶ Lactation specialists
 - ▶ Breastfeeding peer counselors
- ▶ Referrals
 - ▶ Healthcare professionals
 - ▶ Social services

WHO QUALIFIES FOR WIC?

▶ WOMEN

- ▶ Pregnant
- ▶ Postpartum
- ▶ Breastfeeding



▶ CHILDREN

- ▶ Birth to age 5
- ▶ In foster care



▶ THOSE WHO ARE RECEIVING

- ▶ Medicaid
- ▶ SNAP
- ▶ ADC
- ▶ Kid's Connection
 - ▶ Automatic qualifier for WIC

APPLY FOR WIC TODAY

- Find a WIC location near you at SIGNUPWIC.COM.

Income Guidelines (Effective - July 1, 2019)

Family Size	Annual	Monthly	Twice Monthly	Bi-Weekly	Weekly
1	\$23,107	\$1,926	\$963	\$889	\$445
2	\$31,284	\$2,607	\$1,304	\$1,204	\$602
3	\$39,461	\$3,289	\$1,645	\$1,518	\$759
4	\$47,638	\$3,970	\$1,985	\$1,833	\$917
5	\$55,815	\$4,652	\$2,326	\$2,147	\$1,074
6	\$63,992	\$5,333	\$2,667	\$2,462	\$1,231
7	\$72,169	\$6,015	\$3,008	\$2,776	\$1,388