



# WIC - Special Nutrition Program for Women, Infants & Children

WIC provides food and nutrition services to pregnant women, new mothers, infants and young children. Over one third of all pregnant women and nearly one quarter of infants & preschool children participate. Monthly food packages average \$50 per person and over \$120 per month for infants.

## ELIGIBILITY

### Am I Or My Children Eligible?

**THE WIC** program is available to many low and moderate income mothers, infants and children. You (or your children) may be eligible if:

- You are one of the following:
  - a pregnant woman or a mother who is breastfeeding;
  - a mother who has had a baby in the last 6 months;
  - an infant or child under age 5.
- You meet WIC income limits. There are no asset limits.
- You (or your child) have a nutrition or health need. Most households qualify.

### What Are WIC Income Limits?

**THE CHART** below shows income limits for your household size. Participation in some programs makes people automatically income eligible. If you are pregnant, count the number of expected births when choosing your household size.

Monthly Income Limits Increase July 1, 2005

Household Size	1	2	3	4	5	6	7	8
Monthly <b>NET</b> Income Limit	\$1,436	\$1,926	\$2,416	\$2,907	\$3,397	\$3,887	\$4,377	\$4,868

## BENEFITS

### What Does WIC Provide?

**WIC PROVIDES** checks or drafts for specific foods that can be used at participating grocery stores and pharmacies. Food packages are tailored to individual needs, and may include milk, cheese, eggs, peanut butter, infant formula, cereal, juice, dried beans, peas, tuna and carrots. The value of the food package averages about \$50 per person per month.

### How Can WIC Benefit My Kids?

**CHILDREN ON WIC** eat more nutritious foods. Infants born to mothers who receive WIC weigh more and grow better. WIC participation may improve infant memory as well as test scores of pre-school children.

### Are Other Services Available?

**YES.** **WIC** staff conduct health screenings, provide nutrition education, breastfeeding education and support, and will check your child's immunizations. Staff may also refer you to other health services.

## APPLICATION

### How Do I Apply?

**LOCAL PUBLIC** health departments run most WIC clinics. Some community organizations and tribes also run clinics. To find the nearest clinic call 800-722-2295 or go to [www.dhfs.wisconsin.gov/wic/index.htm](http://www.dhfs.wisconsin.gov/wic/index.htm). You can find out if you may be eligible by visiting the ACCESS website at [www.access.wisconsin.gov](http://www.access.wisconsin.gov).