



SPECIAL SUPPLEMENTAL NUTRITIONAL PROGRAM FOR WOMEN, INFANTS & CHILDREN

## WHO IS ELIGIBLE?

**To be eligible, you must be one of the following:**

- a pregnant woman
- a breastfeeding woman
- a woman who just had a baby
- an infant or a child under 5 years old

Pregnant women and children 1-5 years old may get milk, eggs, cheese, juice, cereal, whole grain bread or brown rice, beans or peanut butter, and fresh fruits and vegetables. Breastfeeding women may get all these foods plus canned tuna or salmon and extra milk, cheese and eggs. Infants may get infant formula if not fully breastfed, and infant cereal, fruits, and vegetables.

You will also get important nutrition information on how to provide healthy foods for you and your family.

To be eligible for WIC, there must be a nutrition reason and limited income. Families who already qualify for Medicaid, Food Stamps and Temporary Assistance to Needy Families (TANF), already income qualify for WIC.

For information contact your local county health department or  
**1-888-942-4673 or 1-888-WIC-HOPE**

Family Size	Annual	Month	Week
1	\$20,036	\$1,670	\$386
2	\$26,955	\$2,247	\$519
3	\$33,874	\$2,823	\$652
4	\$40,793	\$3,400	\$785
5	\$47,712	\$3,976	\$918

Based on 185% of Poverty.

This institution is an equal opportunity provider.

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