

WIC Here for *You* During COVID-19



WIC is Open

Services and office hours may look different, with many offices offering phone services and curbside pick-up of WIC benefits.



WIC Serves

Pregnant, breastfeeding and postpartum women, infants, and children up to 5.



WIC Offers Nutritious Foods

Women and Children
1-5 years old

Whole wheat bread and tortillas, cereal, milk, eggs, cheese, peanut butter, beans, and fruit and vegetables.

Breastfeeding Infants

Infant cereal and jarred infant fruits, vegetables, and meats.

Non-breastfed Infants

Formula, infant cereal, and jarred infant fruits and vegetables.



WIC Staff Provide

Breastfeeding support, nutrition education and referrals to various community resources.



Qualify for SNAP?

You may be eligible for WIC too!



Don't Qualify for SNAP?

You may still qualify for WIC, check out our income guidelines:

| Family Size | Weekly | Monthly | Yearly |
|---------------------------------------|---------|---------|----------|
| 1 | \$445 | \$1,926 | \$23,107 |
| 2 | \$602 | \$2,607 | \$31,284 |
| 3 | \$759 | \$3,289 | \$39,461 |
| 4 | \$917 | \$3,970 | \$47,638 |
| 5 | \$1,074 | \$4,652 | \$55,815 |
| 6 | \$1,231 | \$5,333 | \$63,992 |
| For each additional family member add | \$158 | \$682 | \$8,177 |



To find a clinic near you: <http://bit.ly/WICOfficeLocator>

Or call the automated office locator line:

1-800-323-4769 (voice) 1-866-295-6817 (TTY)

WIC does not require proof of citizenship or immigration status.

This institution is an equal opportunity provider.

