

WIC Can Make A Difference To You!

What is WIC?

WIC is a nutrition program for Women, Infants, and Children.

WIC provides the following at no cost:

- healthy foods
- nutrition education and counseling
- breastfeeding support
- referrals for health care

Breastfeeding women may receive extra cheese, dry beans, juice, tuna fish, and carrots.



Who is eligible for WIC?

- You must be a pregnant or breastfeeding woman, a woman who has recently been pregnant, an infant, or a child under 5 years old.
- You must have a **total household income equal to or below** the following amounts:

Household Size	Monthly Income (before taxes and deductions are taken out)
1.....	\$ 1,670
2.....	\$ 2,247
3.....	\$ 2,823
4.....	\$ 3,400
5.....	\$ 3,976
6.....	\$ 4,553
7.....	\$ 5,130
8.....	\$ 5,706

For a pregnant woman, each unborn baby counts as 1 extra person in the household size.

Note: WIC Income Guidelines, revised 4/1/09



OR you could be eligible if you or other persons living in your household are currently receiving **Medicaid, Temporary Cash Assistance (TCA), or Food Stamps.**

- You must be currently living in the state of Florida.
- You must have a nutrition need, which will be determined by WIC staff.

How do I apply for WIC?

Call the WIC office in your area for more information or an appointment. They will also tell you what you need to bring to your appointment. WIC office hours are usually 8:00 am to 5:00 pm, Monday to Friday or call toll free 1-800-342-3556 and say you want to apply for WIC.

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