

WEST VIRGINIA WIC

Helps You Help Your Family



About WIC

WIC makes sure that pregnant women, postpartum women, infants and children up to the age of five have what they need to live a healthy life. We assure that your family is getting good nutrition through food vouchers, health services and counseling.

Check the income guidelines to see if you qualify for WIC. If your family receives less than the amount listed, you may be eligible. (Note: if you are pregnant, add one person to the size of your household.)

Nutrition Education

Learn how to create healthy, affordable meals.



Breastfeeding

Get help feeding your baby.



Prenatal Nutrition

Give your baby a healthy start.



Medical Referrals

Ask for free referrals when needed.



Counseling

Get professional advice for all your nutritional concerns.



Health Screening

Track your child's growth.



Current Income Guidelines

Size of Household	Weekly Income	Monthly Income	Yearly Income
1	\$ 364.00	\$ 1,575.00	\$ 18,889.00
2	\$ 488.00	\$ 2,111.00	\$ 25,327.00
3	\$ 611.00	\$ 2,648.00	\$ 31,765.00
4	\$ 735.00	\$ 3,184.00	\$ 38,203.00
<i>For each additional family member, add:</i>			
	\$ 124.00	\$ 537.00	\$ 6,438.00

For more information or to schedule an appointment, call your local WIC office. You can also call 211 or visit www.wvdhhr.org/ons for the WIC clinic nearest you.

This institution is an equal opportunity provider.

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