



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 youchers, health services if y and counseling.

We Check the income od 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.*



Medical Referrals
Ask for free referrals when needed.



Breastfeeding *Get help feeding your baby.*



Counseling
Get professional advice for all your
nutritional concerns.



Prenatal NutritionGive your baby a healthy start.



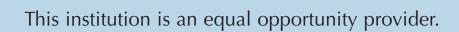
Health Screening *Track your child's growth.*



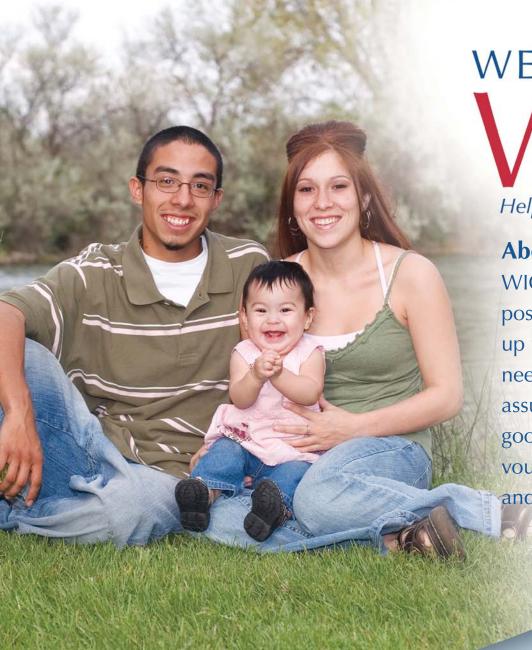
Current Income Guidelines

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
For each additional	family member, add:		
	\$ 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.







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Helps You Help Your Family

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