

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	\$ 1,366
2	\$ 1,841
3	\$ 2,316
4	\$ 2,791
5	\$ 3,266
6	\$ 3,741
7	\$ 4,215
8	\$ 4,690

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



Note: WIC Income Guidelines, revised 3/14/02

OR you could be eligible if you or other persons living in your household are currently receiving **Medicaid, WAGES, 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.

Belle Glade

38754 State Road 80
996-1635

Lantana

1250 Southwinds Drive
547-6812

Royal Palm Beach

1030 Royal Palm Beach Blvd.
333-9379

Delray Beach

225 S. Congress Avenue
274-3112

*Boynton Beach

Caridad Health Center
8645 W. Boynton Beach Blvd.
738-9477

West Palm Beach

705 N. Olive Avenue
653-2030

*Jupiter

6405 Indiantown Road
746-0782

Riviera Beach

851 Avenue "P"
844-3561

*Limited office hours.

Palm Beach County WIC Program
WIC is an equal opportunity provider.

FLORIDA
WIC

Good Nutrition for
Women, Infants & Children