WIC Eligibility

What is WIC?

WIC is a nutrition program that helps pregnant women, new mothers, infants and children eat well and stay healthy.

Who's eligible?

- Pregnant women
- New moms (up to six months after delivery)
- Breastfeeding moms (up to one year after delivery)
- Infants (babies under the age of one)
- Children under the age of five

You must live in Indiana, be a United States citizen or Qualified Alien (if age 18 or over), and meet income guidelines. The guidelines are on the back side of this brochure or at http://www.in.gov/isdh/19695.htm.

What does WIC provide?

- Healthy foods designed to meet special nutrition needs
- Nutrition and health screening and assessment
- Nutrition education and counseling
- Breastfeeding support, including breastfeeding moms receiving more nutritious foods from WIC and mom-to-mom support from Peer Counselors
- Referrals to other Indiana health, family, and social services

How does WIC work?

Contact the WIC clinic in your community for a free visit to be enrolled and pick up benefits. Clinic information may be found at http://www.in.gov/isdh/20424.htm. At your first appointment, you will receive all of the services WIC provides to support you in helping your family.

WIC benefits may be used at local grocery stores to purchase baby formula, milk, cereal, yogurt, juice, eggs, cheese, peanut butter, beans, whole wheat bread, brown rice, whole wheat tortillas, corn tortillas, fresh and frozen fruits and vegetables, and baby food.

INDIANA WIC

What's new?

eWIC cards are replacing checks!

Income eligibility

Families already receiving Medicaid, SNAP, and TANF are income eligible for the WIC program.

Household* size	Annual income, up to $ *(total before deductions)*	Monthly income, up to $ *(total before deductions)*	Weekly income, up to $ *(total before deductions)*
1	$21,978	$1,832	$423
2	$29,637	$2,470	$570
3	$37,296	$3,108	$718
4	$44,955	$3,747	$865
5	$52,614	$4,385	$1,012
6	$60,273	$5,023	$1,160
7	$67,951	$5,663	$1,307
8	$75,647	$6,304	$1,455

If you are pregnant, count yourself as two (2).

For households with more than 8 members, add $7,696 annual income for each additional member.

**Household means a group of people (related or not) who are living as one economic unit.*

QUESTIONS?

For more information or to find a clinic near you, call **800-522-0874** or visit our website at **WIC.in.gov**.

Find us on Twitter @IndianaWIC

INDIANA WIC

This institution is an equal opportunity provider.

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