

# GIVE YOUR FAMILY A HEALTHY START



## WHAT IS WIC?

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) has been an established, permanent program for over 40 years, improving pregnancies and preparing kids to learn. The program provides nutrition counseling, parenting advice, breastfeeding support, food assistance, and referrals to help you and your family live a healthy life.

## HOW CAN WIC HELP MY FAMILY?

WIC provides nutrition, breastfeeding support, health education and other services, free of charge, to pregnant women, mothers, infants and children up to the age of five. WIC teaches moms what to eat while pregnant or breastfeeding and what to feed their growing children.

We know budgets are tight. WIC provides you with healthy foods to help you save on groceries so you have more to spend on other things your family needs. With all the services we offer, WIC can improve the health of your entire family.

## WHO'S ELIGIBLE?

To be eligible applicant's must be WV residents and meet the following guidelines:

### ELIGIBLE CATEGORIES

- Pregnant women
- Women breastfeeding an infant up to the infant's first birthday
- Postpartum women up to six months after delivery or end of pregnancy
- Infants up to their first birthday
- Children from age one until their fifth birthday

### NUTRITION RISK

- Medical-based or dietary-based risk or condition
- Nutrition and breastfeeding assessments will be completed at the WIC clinic

### INCOME

- Household income no more than 185% of the federal poverty income guidelines
- Families that qualify for the following programs automatically qualify based on income:
  - Medicaid
  - WV WORKS
  - SNAP





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## RAISING A FAMILY CAN BE CHALLENGING. DC WIC IS HERE TO HELP.

WIC offers a variety of services designed to help you and your family live a healthy life.

### HOW CAN WIC HELP MY FAMILY?

Services and benefits offered::

- Personalized nutrition counseling
- Breastfeeding support
- Free, healthy food
- Healthcare referrals



### WHO IS ELIGIBLE?

- Pregnant women
- Women breastfeeding an infant up to the infant's first birthday
- Postpartum women up to six months after delivery or end of pregnancy
- Infants and children up to their fifth birthday

Applicants must also have a medical-based or dietary-based risk or condition and meet income guidelines. Check the income guidelines to see if you qualify for WIC. If your family earns less than the amount listed, you may be eligible. (Note: If you are pregnant, add one person to the size of your household.)

**Income Eligibility Guidelines for the West Virginia WIC Program**  
Effective Date April 15, 2024 - June 30, 2025

Household Size	Gross Income Weekly	Gross Income Bi-Weekly	Gross Income Twice Monthly	Gross Income Monthly	Gross Annual Income
1	\$536	\$1,072	\$1,161	\$2,322	\$27,861
2	\$728	\$1,455	\$1,576	\$3,152	\$37,814
3	\$919	\$1,838	\$1,991	\$3,981	\$47,767
4	\$1,100	\$2,220	\$2,405	\$4,810	\$57,720
5	\$1,302	\$2,603	\$2,820	\$5,640	\$67,673
6	\$1,493	\$2,986	\$3,235	\$6,469	\$77,626
7	\$1,685	\$3,369	\$3,650	\$7,299	\$87,579
8	\$1,876	\$3,752	\$4,064	\$8,128	\$97,532
Each additional family member add	+192	+383	+415	+830	+9,953



## WIC SHOPPING FOR YOUR FAMILY

### WOMEN'S, INFANT'S & CHILDREN'S FOOD PACKAGE

The WIC food package adds to your family's monthly food budget and includes supplemental nutritious foods that target important nutrients during pregnancy, breastfeeding, post-partum, and growth of infants and young children. Learn more about the food package at: [DCWIC.org/wic-foods](http://DCWIC.org/wic-foods)

### WICSHOPPER™ MOBILE APP

Find approved WIC foods, names and locations of grocery stores and WIC sites, as well as healthy recipes all on your smartphone or tablet. Download the WICShopper app by visiting your app store or going to [EBTShopper.com](http://EBTShopper.com).

## WHAT SHOULD I BRING TO A WIC CLINIC APPOINTMENT?

- Identification such as a driver's license or social security card
- Birth Certificate, crib card or hospital footprints for infants
- Proof of address, such as rent receipt, utility bills, etc.
- Proof of household income, such as pay stubs, a SNAP eligibility letter or Medicaid card
- Proof of pregnancy from a doctor, health department or Family Planning clinic
- Immunization records for infants and children
- eWIC cardholder, if available
- A dry diaper may also be helpful

## CONTACT US

Call 202-442-9397

Visit [DCWIC.org](http://DCWIC.org)

## WHAT TO EXPECT AT A CLINIC VISIT

- Financial and identification information is reviewed
- Participant's health history is reviewed and a health screening is performed
- Information is entered on growth charts and evaluated to determine WIC eligibility
- Participants receive counseling by a health professional
- Eating habits and food histories are discussed
- Program responsibilities are reviewed
- 3 months' worth of checks along with your cash value checks for fruits and veggies all year round
- *Most appointments take about an hour*

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(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil  
Rights 1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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