

### What is WIC?

WIC is a Special Supplemental Nutrition Program for pregnant, breastfeeding, and postpartum women, infants and children up to 5 years of age. WIC provides healthy foods, nutrition education and referrals to other health and social services.

### Who is Eligible?

- Pregnant women
- Breastfeeding Women
- Postpartum Women
- Infants
- Children ages 1-5 years

#### **And You Must Meet the Following:**

- Income Requirements (see chart )
- Be a Resident of Louisiana
- Have a nutrition related problem

### Services WIC Offers:

- ✓ Nutrition Education and Counseling
- ✓ Breastfeeding Support and Education
- ✓ Childhood Immunizations (some clinics give shots others will refer you to another clinic)
- ✓ Referrals to other health/social service programs including; Medicaid, Family Planning, Food Stamps, TANF, LaChip.
- ✓ WIC Foods: Milk, Juice, Cheese, Eggs, Beans, Whole Wheat Bread, Cereals, Fresh Fruits & Vegetables, Infant Formula, Infant Cereal and Infant Fruits & Vegetables.

### How to Become a WIC Participant:

- Call 1-800-251-BABY to locate the best WIC Clinic for you.
- Call that clinic. Make an appointment to see if you and/or your children are eligible for WIC.
- **Bring Proof of Income.**  
For each person living in your house, bring one of these items:
  - Pay stub showing "gross income"
  - Current tax records
  - Letter from employer with salary amount
  - Proof of Social Security benefits
  - Alimony or Child Support Payments
  - Other proof (ask clinic)✓ Anyone on Medicaid, Food Stamps or TANF is automatically income eligible for WIC. Please bring proof of participating in these programs.
- **Bring Proof of where you live:**  
Bring one of these items:
  - Rent receipt
  - Utility bill
  - Other proof (ask clinic)
- **Bring Proof of Identification for each person who wants WIC benefits:** Bring one of these items:
  - Driver's license
  - Birth certificate
  - State or School ID
  - Other proof (ask clinic)

### WIC Income Guidelines 2015-2016

Your gross income cannot exceed:

<b>Household Members</b>	<b>Gross Annual</b>	<b>Gross Monthly</b>
1	\$21,775	\$1,815
2	29,471	2,456
3	37,167	3,098
4	44,863	3,739
5	52,559	4,380
6	60,255	5,022
7	67,951	5,663
8	75,647	6,304
9	83,343	6,946
10	91,039	7,587

For more than 10 household members, or if you have any income questions, call 1-800-251-BABY or your WIC Clinic. Individuals with proof of Medicaid, Food Stamps, or TANF automatically meet income requirements.

- ✓ *One pregnant woman counts as 2 household members.*



**Louisiana WIC Program**

**For more information or to locate a WIC clinic near you call (800)251-BABY (251-2229) or visit our website at [www.wic.dhh.la.gov](http://www.wic.dhh.la.gov)**

This institution is an Equal Opportunity Provider

Rev 3-16