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, SNAP (Food Stamps), TANF, LaChip

WIC Income Guidelines 2021-2022
Your gross income cannot exceed:

<table>
<thead>
<tr>
<th>Household Members</th>
<th>Gross Annual</th>
<th>Gross Monthly</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$23,828</td>
<td>$1,986</td>
</tr>
<tr>
<td>2</td>
<td>32,227</td>
<td>2,686</td>
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<tr>
<td>3</td>
<td>40,626</td>
<td>3,386</td>
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<tr>
<td>4</td>
<td>49,025</td>
<td>4,086</td>
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<tr>
<td>5</td>
<td>57,424</td>
<td>4,786</td>
</tr>
<tr>
<td>6</td>
<td>65,823</td>
<td>5,486</td>
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<tr>
<td>7</td>
<td>74,222</td>
<td>6,186</td>
</tr>
<tr>
<td>8</td>
<td>82,621</td>
<td>6,886</td>
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<tr>
<td>9</td>
<td>91,020</td>
<td>7,585</td>
</tr>
<tr>
<td>10</td>
<td>99,419</td>
<td>8,285</td>
</tr>
</tbody>
</table>

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, SNAP (Food Stamps), or TANF automatically meet income requirements.

* One pregnant woman counts as 2 household members

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 All Sources of the Household’s Total Income.**
  For each person living in your house, bring one of these items:
  - Pay stubs showing "gross income" for the last 30 days
  - Current tax records
  - Letter from employer with salary amount
  - Proof of Social Security benefits or Unemployment benefits
  - Alimony or Child Support Payments
  - Other proof (ask clinic)
  - Anyone on Medicaid, SNAP (Food Stamps) or TANF is automatically income eligible for WIC. Please bring proof of participating in these programs.
- **Bring Proof of where you live:**
  - Rent receipt
  - Utility bill
  - Other proof (ask clinic)
- **Bring Proof of Identification for each person who wants WIC benefits:**
  - Driver's license
  - Birth certificate
  - State or School ID

Louisiana WIC Income Eligibility Guidelines Effective July 1, 2021 – June 30, 2022
For more information or to locate a WIC clinic near you call (800)251-BABY (251-2229) or visit our website at www.louisianawic.org

This institution is an equal opportunity provider.