



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 Foods: Milk, Juice, Yogurt, Cheese, Eggs, Beans, Canned Fish, Whole Wheat Bread, Cereals, Fresh Fruits & Vegetables, Infant Formula, Infant Cereal and Infant Fruits & Vegetables.

## WIC Income Guidelines 2021-2022

Your gross income cannot exceed:

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

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:**  
*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

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](http://www.louisianawic.org)

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