



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, Cheese, Eggs, Beans, Whole Wheat Bread, Cereals, Fresh Fruits & Vegetables, Infant Formula, Infant Cereal and Infant Fruits & Vegetables.

WIC Income Guidelines 2019-2020

Your gross income cannot exceed:

Household Members	Gross Annual	Gross Monthly
1	\$23,107	\$1,926
2	\$31,284	\$2,607
3	\$39,461	\$3,289
4	\$47,638	\$3,970
5	\$55,815	\$4,652
6	\$63,992	\$5,333
7	\$72,169	\$6,015
8	\$80,346	\$6,696
9	\$88,523	\$7,377
10	\$96,700	\$8,059

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

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, 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, 2019 – June 30, 2020
 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.

