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 2019-2020
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>$23,107</td>
<td>$1,926</td>
</tr>
<tr>
<td>2</td>
<td>$31,284</td>
<td>$2,607</td>
</tr>
<tr>
<td>3</td>
<td>$39,461</td>
<td>$3,289</td>
</tr>
<tr>
<td>4</td>
<td>$47,638</td>
<td>$3,970</td>
</tr>
<tr>
<td>5</td>
<td>$55,815</td>
<td>$4,652</td>
</tr>
<tr>
<td>6</td>
<td>$63,992</td>
<td>$5,333</td>
</tr>
<tr>
<td>7</td>
<td>$72,169</td>
<td>$6,015</td>
</tr>
<tr>
<td>8</td>
<td>$80,346</td>
<td>$6,696</td>
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<tr>
<td>9</td>
<td>$88,523</td>
<td>$7,377</td>
</tr>
<tr>
<td>10</td>
<td>$96,700</td>
<td>$8,059</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, 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.
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