WIC Eligibility

What is WIC?

WIC is a nutrition program that helps pregnant women, new mothers, infants and children eat well and stay healthy.

Who's eligible?

- Pregnant women
- New moms (up to six months after delivery)
- Breastfeeding moms (up to one year after delivery)
- Infants (babies under the age of one)
- Children under the age of five

You must live in Indiana, be a United States citizen or Qualified Alien (if age 18 or over), and meet income guidelines. The guidelines are on the back side of this brochure or at wic.in.gov.

What does WIC provide?

- Healthy foods designed to meet special nutrition needs;
- Nutrition and health screening and assessment;
- Nutrition education and counseling;
- Breastfeeding support, including breastfeeding moms receiving more nutritious foods from WIC and mom-to-mom support from Peer Counselors;
- Referrals to other Indiana health, family, and social services.

How does WIC work?

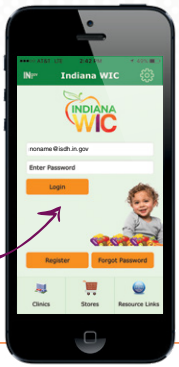
Contact the WIC clinic in your community for a free visit to be enrolled and pick up benefits. Clinic information may be found at http://www.in.gov/isdh/20424.htm. At your first appointment, your family will be eligible for all of the helpful services that WIC provides.

WIC benefits may be used at stores in your community to purchase fresh and frozen fruits and vegetables, baby food, milk, cereal, yogurt, juice, eggs, cheese, peanut butter, beans, tofu, whole wheat bread, brown rice, whole wheat tortillas, corn tortillas, and baby formula.

INDIANA WIC

Why use the INWIC App?

The INWIC App makes it easier to manage your benefits!



Income eligibility

Families already receiving Medicaid, SNAP and TANF are income eligible for the WIC program.

Household* size	Annual income, up to $ *(total before deductions)*	Monthly income, up to $ *(total before deductions)*	Weekly income, up to $ *(total before deductions)*
1	$23,107	$1,926	$445
2	$31,284	$2,607	$602
3	$39,461	$3,289	$759
4	$47,638	$3,970	$917
5	$55,815	$4,652	$1,074
6	$63,992	$5,333	$1,231
7	$72,169	$6,015	$1,388
8	$80,346	$6,696	$1,546

If you are pregnant, you may count yourself as two (2).

For households with more than 8 members, add $8,177 annual income for each additional member.

**Household means a group of people (related or not) who are living as one economic unit.*

INDIANA WIC

QUESTIONS?

For more information or to find a clinic near you, call **800-522-0874** or visit our website at **WIC.in.gov**.

Find us on Twitter @IndianaWIC

This institution is an equal opportunity provider.

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