

# WIC Eligibility

## What is WIC?

WIC is a nutrition program that helps pregnant women, new mothers, infants, and young children eat well, learn about nutrition, 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
- Children under the age of five

You must live in Indiana and meet income guidelines. Check the income chart on the back to see if your family may qualify. When you apply, you'll receive a personalized nutrition assessment to see if the program is right for you.

## Benefits to WIC Participants

- Supplemental nutritious foods
- Nutrition education and counseling at WIC clinics
- Referrals to other health and social services

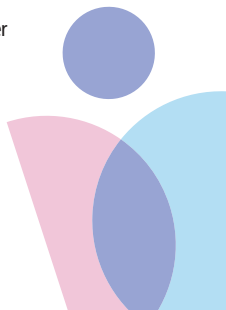
## How does WIC work?

As a WIC applicant, you will contact the clinic in your community for a free visit to be enrolled and to pick up your checks. At the appointment, you'll receive nutrition education and breastfeeding support, and learn about other services you can use to help your family.

The WIC checks can be used at local grocery stores for cereal, juice, milk, eggs, peanut butter, beans, whole wheat bread, brown rice, whole wheat or corn tortillas, fresh and frozen fruits and vegetables, cheese, and baby food.

## Benefits of Breastfeeding

- Breastfeeding mothers are eligible to participate in WIC longer than non-breastfeeding mothers.
- Mothers who give their babies only breastmilk receive a larger food package.
- Mothers who breastfeed receive mother-to-mother support from peer counselors.
- Breastfeeding mothers returning to work or school may receive a breast pump and support from lactation consultants.



For more information or to find a clinic near you,  
call 800-522-0874 or visit our website at [WIC.in.gov](http://WIC.in.gov)

## Income eligibility

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

Household* size:	Annual income, up to \$: (total before deductions)	Household* size:	Annual income, up to \$: (total before deductions)
1	\$20,147	7	\$62,549
2	\$27,214	8	\$69,616
3	\$34,281	9	\$76,683
4	\$41,348	10	\$83,750
5	\$48,415	11	\$90,817
6	\$55,482	12	\$97,884

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

*For households with more than 12 members, add \$7,067 for each additional member.*

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

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