

# 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](http://wic.in.gov).

## What does WIC provide?

- Healthy foods designed to meet special nutrition needs including seasonal fresh produce benefits;
- Nutrition and health screening and assessment;
- Nutrition education and counseling;
- Breastfeeding support, including breastfeeding moms receiving more nutritious foods from WIC, mom-to-mom support from Peer Counselors, and access to lactation professionals;
- 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 <https://www.in.gov/isdh/files/public-roster.pdf>. At your first appointment, your family will be eligible for all of the helpful services that WIC provides.

WIC benefits may be used at Indiana WIC approved stores to purchase:

- Milk and milk products
- Fruits and vegetables
- Eggs
- Cereal
- Whole grains (bread, rice, tortillas)
- Tofu
- Baby food
- Formula

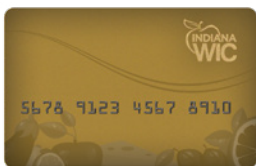


INDIANAWIC



## Why use the INWIC App?

The INWIC App makes it easier to manage your benefits!



## Income eligibility

Families already receiving Medicaid, SNAP, or 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	\$23,828	\$1,986	\$459
2	\$32,227	\$2,686	\$620
3	\$40,626	\$3,386	\$782
4	\$49,025	\$4,086	\$943
5	\$57,424	\$4,786	\$1,105
6	\$65,823	\$5,486	\$1,266
7	\$74,222	\$6,186	\$1,428
8	\$82,621	\$6,886	\$1,589

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

*For households with more than 8 members, add \$8,399 annual income for each additional member.*

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



### QUESTIONS?

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).

Find us on  @IndianaWIC

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[wic.in.gov](http://wic.in.gov)

05/03/2021