

### What is WIC?

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, 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.

### 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, Food Stamps or TANF already has the right income 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, School or Work ID
  - Other proof (ask clinic)

### WIC Income Guidelines **2012 - 2013**

Your gross income cannot exceed:

<b>Household Members</b>	<b>Gross Annual</b>	<b>Gross Monthly</b>
1	\$20,665	\$1,723
2	27,991	2,333
3	35,317	2,944
4	42,643	3,554
5	49,969	4,165
6	57,295	4,775
7	64,621	5,386
8	71,947	5,996
9	79,273	6,607
10	86,599	7,217

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.*



**Louisiana WIC Program**

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