Services and Benefits available from WIC:

- Breast pumps and supplies for breastfeeding moms per WIC guidelines
- Breastfeeding peer counseling to help with breastfeeding concerns
- Healthy food packages, which may include fresh fruits and vegetables, whole grain bread, brown rice, canned tuna/salmon, eggs, cheese, low fat milk, iron-fortified cereal, dry beans, peanut butter and fruit juice
- Iron-fortified infant formula, iron-fortified infant cereal and single-ingredient infant fruits and vegetables
- Infant meats for fully breastfed infants
- Nutrition classes and infant/child feeding tips
- Referrals to health and social services

WIC Income Guidelines:

- To be eligible, applicants must have a total household income at or below a level set by the USDA.

- Current income guidelines can be viewed at www.wic.dhh.louisiana.gov.
- Income eligibility is determined by gross income, and some exclusions may apply.
- Applicants with proof of Medicaid, SNAP or TANF automatically meet income requirements.
- One pregnant woman counts as two household members for income eligibility.

For more information call
(800) 251-BABY (251-1119)
or visit our website at
www.wic.dhh.la.gov.

There are even more ways to get up-to-date health information, news and emergency updates from DHH.

www.facebook.com/LaHealthDept

www.twitter.com/La_Health_Dept

"USDA is an equal opportunity provider and employer" WIC 38 - Rev. 6/2015

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Women, Infants and Children (WIC)

Your child has you, and you have WIC.

Louisiana WIC Program
An Equal Opportunity Provider

DEPARTMENT OF HEALTH AND HOSPITALS

What is WIC?

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) provides healthy foods, breastfeeding support, nutrition education and referrals to other social services to women who are pregnant, breastfeeding or postpartum. Infants and children up to their fifth birthday may also receive benefits.

Who is eligible for WIC?

- Pregnant women
- Breastfeeding women up to their infants' first birthdays
- Post-partum women
- Infants
- Children (1-year-old up to fifth birthday)

To receive WIC benefits, you must:

- live in the state of Louisiana and
- meet income guidelines or be enrolled in Medicaid or receive SNAP or TANF benefits.

Frequently Asked Questions

Q. It is hard for me to get off of work or school to come to all of the WIC appointments. What can I do?

A. The WIC program lets you have a proxy, or another person, go to certain appointments for you and pick-up your WIC vouchers. Your proxy can also go to the grocery and pick up your WIC foods for you.

Q. I can't take my child out of school to go to so many WIC appointments. What can I do?

A. Children should be present at their first visit, but there are certain times when the child does not have to be present. Please ask your local WIC office.

Q. Do I need to be eligible for Medicaid to qualify for WIC?

A. No, you just need to meet the income guidelines. You can find the income guidelines by contacting your local WIC clinic or our website at www.wic.dhh.la.gov.

How to Become a WIC Participant:

- Call (800) 251-BABY (251-1119) to locate the clinic nearest you.
- Call that clinic to make an appointment and find out if you and/or your children are eligible for WIC.
- You will need to bring proof of income, residency and identification to your WIC appointment.

For income, bring proof of all income sources for every person with income living in your house:

- Proof of participation in Medicaid, SNAP or TANF (participants of these programs have the right income for WIC)

If no one in your household participates in Medicaid, SNAP or TANF, please bring any of the following:

- Pay stubs for the last 30 days
- Current income tax records
- Letter from employer with salary amount
- Proof of Social Security or unemployment benefits
- Alimony or child support payments
- Other proof (ask clinic)

For residency (where you live), bring one of these items:

- Rent/mortgage receipt
- Utility bill
- Other proof (ask clinic)

For identification, each person applying for WIC, caregiver and/or proxy, should bring one of these items:

- Driver's license
- Birth certificate
- State, school or work ID card
- Other proof (ask clinic)