

# WIC Here for *You* During COVID-19



## WIC is Open

Services and office hours may look different, with many offices offering phone services and curbside pick-up of WIC benefits.



## WIC Serves

Pregnant, breastfeeding and postpartum women, infants, and children up to 5.



## WIC Offers Nutritious Foods

Women and Children  
1-5 years old

Whole wheat bread and tortillas, cereal, milk, eggs, cheese, peanut butter, beans, and fruit and vegetables.

Breastfeeding Infants

Infant cereal and jarred infant fruits, vegetables, and meats.

Non-breastfed Infants

Formula, infant cereal, and jarred infant fruits and vegetables.



## WIC Staff Provide

Breastfeeding support, nutrition education and referrals to various community resources.



## Qualify for SNAP?

You may be eligible for WIC too!



## Don't Qualify for SNAP?

You may still qualify for WIC, check out our income guidelines:

Family Size	Weekly	Monthly	Yearly
1	\$445	\$1,926	\$23,107
2	\$602	\$2,607	\$31,284
3	\$759	\$3,289	\$39,461
4	\$917	\$3,970	\$47,638
5	\$1,074	\$4,652	\$55,815
6	\$1,231	\$5,333	\$63,992
For each additional family member add	\$158	\$682	\$8,177



To find a clinic near you: <http://bit.ly/WICOfficeLocator>

Or call the automated office locator line:

1-800-323-4769 (voice) 1-866-295-6817 (TTY)

WIC does not require proof of citizenship or immigration status.

*This institution is an equal opportunity provider.*

