



# 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	\$454	\$1,968	\$23,606
2	\$614	\$2,658	\$31,894
3	\$773	\$3,349	\$40,182
4	\$933	\$4,040	\$48,470
5	\$1,092	\$4,730	\$56,758
6	\$1,251	\$5,421	\$65,046
For each additional family member add	\$160	\$691	\$8,288

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.*

