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 2011-2012

Your gross income cannot exceed:

Household Members	Gross Annual	Gross Monthly
1	$20,147	$1,679
2	22,214	2,268
3	34,281	2,857
4	41,348	3,446
5	48,415	4,035
6	55,482	4,624
7	62,549	5,213
8	69,616	5,802
9	76,683	6,391
10	83,750	6,980

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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