

# GIVE YOUR FAMILY —a healthy start—

## Raising a family can be challenging. West Virginia WIC is here to help.

WIC offers a variety of programs designed to help you and your family live a healthy life.



### HOW CAN WIC HELP MY FAMILY?

Services and benefits offered:

- Personalized nutrition counseling
- Breastfeeding support
- Free, healthy food
- Healthcare referrals

### Who's ELIGIBLE?

- Pregnant women
- Women breastfeeding an infant up to the infant's first birthday
- Postpartum women up to six months after delivery or end of pregnancy
- Infants up to their first birthday
- Children from age one until their fifth birthday

Applicants must also have a medical-based or dietary-based risk or condition and meet income guidelines.

Check the income guidelines to see if you qualify for WIC. If your family earns less than the amount listed, you may be eligible. (Note: If you are pregnant, add one person to the size of your household.)

#### GROSS INCOME GUIDELINES (before taxes)

Household Size	Weekly Gross Income	Monthly Gross Income	Yearly Gross Income
1	\$416	\$1,800	\$21,590
2	\$560	\$2,426	\$29,101
3	\$705	\$3,051	\$36,612
4	\$849	\$3,677	\$44,123
5	\$993	\$4,303	\$51,634
6	\$1,138	\$4,929	\$59,145
7	\$1,282	\$5,555	\$66,656
8	\$1,427	\$6,181	\$74,167
Each additional person, add	\$145	\$626	\$7,511

### WIC Shopping Is Now Easier

#### → eWIC Card

Participants can now purchase approved items using an electronic card to swipe at checkout.



#### → EBT Shopper™ Mobile App

See your benefit balance on your phone and scan items to see if they are WIC allowed.



To learn more and download the EBT Shopper App, visit [EBTShopper.com](http://EBTShopper.com).



## Sign-up Special

Bring this flyer with you to your first appointment and you will receive a **FREE READING BOOK** for your child courtesy of WIC.

Limit one book per participant. Offer only valid on first appointments or re-certifications.



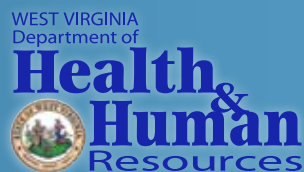
## What Happens at a Clinic Visit?

*You need to bring the following information to the WIC appointment:*

- ✓ Identification such as a driver's license or social security card
- ✓ Birth Certificate, crib card or hospital footprints for infants
- ✓ Proof of address, such as rent receipt, utility bills, etc.
- ✓ Proof of household income, such as pay stubs, a WV WORKS or SNAP eligibility letter or Medicaid card
- ✓ Proof of pregnancy from a doctor, health department or Family Planning clinic
- ✓ Immunization records for infants and children
- ✓ eWIC cardholder, if available
- ✓ A dry diaper may also be helpful

This information is reviewed, along with the participant's health history. A health screening is performed on each participant. From there, information is entered on growth charts, and evaluated individually to determine WIC eligibility. Participants are then counseled by a health professional. Eating habits are discussed and food histories are evaluated. At that time, participants are informed of their eligibility and WIC program responsibilities.

You should expect to spend about an hour for each appointment. Many clinics offer evening hours for your convenience.



Contact us to learn more about WIC:  
Office of Nutrition Services, West Virginia WIC Program

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🌐 [www.wvdhhr.org/ons](http://www.wvdhhr.org/ons)