

## About WIC

WIC makes sure that your family has what they need to live a healthy life.

Providing you with basic, healthy foods assures that your family is getting the nutrition they need. Foods such as milk, cheese, eggs, juice, peanut butter, cereal and infant formula are made available for your family.

But that's not all. The WIC program also provides nutrition and health education as well as other services free of charge to pregnant women, postpartum women, infants and children up to the age of five.

WIC is for all kinds of families: married and single parents, working or not working. If you are a father, mother, grandparent, foster parent or other legal guardian of a child under five, you can apply for WIC.



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



### Nutrition Education

We'll show you how to create healthy, affordable meals for your family through nutrition tips and recipes.



### Breastfeeding

Breastfeeding is the best way to feed your newborn. We offer breastfeeding support, education and counseling.



### Prenatal Nutrition

We help in giving your baby a healthy start. Through our prenatal education and food vouchers, we can help feed your baby long before delivery.



### Medical Referrals

We want you to have the medical help you need. Get referrals for immunizations, health care and other programs like Medicaid and CHIP.



### Counseling

Parents often worry about their child's eating habits. Our qualified nutritionists can give you professional advice for all your nutritional concerns.



### Health Screening

Tracking your child's growth will help you understand their health and development.

## Current Income Guidelines

Size of Household	Weekly Income	Monthly Income	Yearly Income
1	\$ 386.00	\$ 1,670.00	\$20 ,036.00
2	\$ 519.00	\$ 2,247.00	\$ 26,955.00
3	\$ 652.00	\$ 2,823.00	\$ 33,874.00
4	\$ 785.00	\$ 3,400.00	\$40 ,793.00

For each additional family member, add:

\$ 134.00	\$ 577.00	\$ 6,919.00
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For more information or to schedule an appointment, call your local WIC office.

You can also call 211 or visit [www.wvdhhr.org/ons](http://www.wvdhhr.org/ons) for the WIC clinic nearest you.

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



This institution is an equal opportunity provider.