



WHAT IS WIC?

The Special Supplemental Nutrition Program for Women, Infants, and Children – better known as the WIC Program – provides nutritious foods, nutrition counseling, and referrals to health and other social services to participants at no charge. WIC serves low-income pregnant, postpartum, and breastfeeding women, and infants and children up to age 5 who meet the financial, nutritional, and medical requirements.

WIC provides, at no cost, to participants:

- ✗ Nutritious foods to supplement their diets.
- ✗ Individual nutrition counseling.
- ✗ Guidance on how to use the WIC foods to prepare healthy meals.
- ✗ Referrals for other health care services.

WIC participants who can stay on the program:

- ✗ Pregnant women – during pregnancy and up to 6 weeks after giving birth.
- ✗ Breastfeeding mothers – 1 year after giving birth.
- ✗ Mothers who are not breastfeeding – 6 months after giving birth.
- ✗ Children – until the 5th birthday.

WIC foods for women and children include iron-fortified cereal, dried whole-egg mix or liquid eggs, peanut butter or dried beans, whole grains, fresh or canned fruits and vegetables, and milk and milk products. For infants up to 1 year old, WIC provides iron-fortified formula, infant fruit juices, and iron-fortified infant cereal.

Who is eligible?

To be eligible for the WIC Program, a woman, infant, or child must meet the income guidelines and be at medical or nutritional risk. Low iron levels in the blood (anemia), underweight, overweight, or poor diet are typical examples. A nurse or nutritionist will determine if an applicant is eligible for the WIC Program.

If you receive TANF, Food Stamps, or Medicaid, you automatically meet WIC income guidelines. USDA policy requires applicants to apply in person for WIC benefits at their local WIC clinic. Parents have 60 days after a baby is born to bring the child in to be seen at the WIC clinic.

Where can you apply?

- ✗ Your local health department or health clinic.
- ✗ Community health centers or health clinics that offer WIC services.

What should you bring with you to apply?

- ✗ Your current Medicaid card.
- ✗ Some form of identification, such as your driver's license.
- ✗ A bill showing your current home address, such as your water bill or light bill.
- ✗ For more information on where and how to apply for WIC, call 1-800-545-6747.

You can check your income against the current guidelines to see if you may qualify:

WIC Income Eligibility Guidelines: *Effective April 2007 through March 2008*

Household Size	Annual Income	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$18,889	\$1,575	\$788	\$727	\$364
2	25,327	2,111	1,056	975	488
3	31,765	2,648	1,324	1,222	611
4	38,203	3,184	1,592	1,470	735
5	44,641	3,721	1,861	1,717	859
6	51,079	4,257	2,129	1,965	983
7	57,517	4,794	2,397	2,213	1,107
8	63,955	5,330	2,665	2,460	1,230
Each additional member, add	+\$6,438	+\$537	+\$269	+\$248	+\$124

APPLICANT RIGHTS AND OBLIGATIONS

I have been advised of my rights and obligations under the Program. I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law. I certify that I am not participating in the WIC Program through another clinic.

The food package received each month is for participant's use only. Misuse of the food package by the participant or the participant's parent or guardian, such as sale or exchange of food items, shall be cause for immediate suspension from the Program for a period not to exceed three months.

Standards for eligibility and participation in the Program are the same for everyone regardless of race, color, national origin, age, disability, or sex.

You may appeal any decision made by the local agency regarding your eligibility for the Program.

The local agency will make health services and nutrition education available to you and you are encouraged to participate in these services.

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, nation origin, sex, age or disability. (Not all prohibited bases apply to all programs.)

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.



MISSISSIPPI STATE
UNIVERSITY
EXTENSION SERVICE

msucares.com

Distributed by **Carol Ball**, Extension Associate II, Department of Food Science, Nutrition, and Health Promotion.

Funded by USDA's Food Stamp Program and the Mississippi Department of Human Resources.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Publication 2397

Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. MELISSA J. MIXON, Interim Director (POD rev. 02-10)