



SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS & CHILDREN

WHO IS ELIGIBLE?

To be eligible, you must be one of the following:

- a pregnant woman
- a breastfeeding woman
- a woman who just had a baby
- an infant or child under age 5

Pregnant women and children 1-5 years old may get milk, eggs, cheese, yogurt, juice, cereal, whole grain bread, pasta or brown rice, beans or peanut butter, and fresh fruits and vegetables. Breastfeeding women may get all these foods plus canned tuna or salmon and extra milk, cheese and eggs. Infants may get infant formula if not fully breastfed, and infant cereal, fruits, and vegetables.

You will also get important nutrition information on how to provide healthy foods for you and your family.

To be eligible for WIC, there must be limited income and a nutrition reason. Current participation in Medicaid, SNAP, or Family Assistance, will qualify the applicant for WIC benefits.

For information contact your local health department or WIC agency or
Call 1-888-WIC-HOPE (1-888-942-4673)

Income Guidelines: Household income (Based on 185% of Poverty)

Family Size*	Annual	Month	Week
2	\$32,227	\$2,686	\$620
3	\$40,626	\$3,386	\$782
4	\$49,025	\$4,086	\$943
5	\$57,424	\$4,786	\$1,105
6	\$65,823	\$5,486	\$1,266

* For a pregnant woman, count each unborn baby in the family size.

* For additional family sizes, please visit alabamapublichealth.gov/wic.

This institution is an equal opportunity provider.

