



SUMMIT COUNTY PUBLIC HEALTH
Women, Infants, and Children Project

WHAT IS WIC?

WIC is a nutrition education program that provides supplemental foods that promote good health.

WHO IS ELIGIBLE?

WIC is available to residents of Summit County who are pregnant, breastfeeding, or postpartum women, infants, and children under 5 years of age who are at nutritional risk and meet the following income guidelines:

<u>FAMILY SIZE</u>	<u>ANNUAL</u>	<u>MONTHLY</u>	<u>TWICE MONTHLY</u>	<u>BIWEEKLY</u>	<u>WEEKLY</u>
1	\$21,590	\$1,800	\$900	\$832	\$416
2	29,101	2,426	1,213	1,120	560
3	36,612	3,051	1,526	1,410	705
4	44,123	3,677	1,839	1,698	849
5	51,634	4,303	2,152	1,986	993
6	59,145	4,929	2,465	2,276	1,138
7	66,656	5,555	2,778	2,564	1,282
8	74,167	6,181	3,091	2,854	1,427

AN UNBORN BABY COUNTS AS 1 FAMILY MEMBER
 Income guidelines effective July 1, 2014.

WIC PROVIDES



- Breastfeeding promotion and support
- Manual or electric breast pumps available for those who qualify
- Breastfeeding and nutrition education
- Enhanced supplemental food package for exclusively breastfeeding women and their infant.
 - Voter registration
 - Referrals to Healthy Start, maternal, prenatal, and pediatric health care
- Immunization screening and referral. (On-site Immunizations are available at some locations).
 - Coupons/vouchers to shop at local grocery stores **may** include*:

BABY FOODS BEANS CANNED TUNA/SALMON CEREAL CHEESE
 EGGS FRUITS INFANT FORMULA JUICE MILK
 PEANUT BUTTER SOY MILK TOFU VEGETABLES WHOLE GRAINS

*WIC foods are prescribed by the certifying health professional based on the age and dietary needs of the participant. WIC may not provide all the nutritional needs required by the participant.

This institution is an equal opportunity provider.

S:\wic\Forms\WIC Income & Roster2014.docx Updated 5/4/14