

What is WIC?

WIC is a Special Supplemental Nutrition Program for pregnant, breastfeeding and postpartum women, infants and children up to 5 years of age. WIC provides healthy foods, nutrition education and referrals to other health and social services.

Who is Eligible for WIC?

- Pregnant women
- Breastfeeding women up to infant's 1st birthday
- Post-partum women
- Infants
- Children ages 1-5 years



You must meet the Following:

- Live in the state of Louisiana
- Income guidelines or currently receive Medicaid, SNAP, or TANF
- Have a nutrition or health need

Frequently Asked Questions

- Q. It is hard for me to get off of work or school to come to all of the WIC appointments, what can I do?**
- A. *The WIC Program lets you have a "Proxy" or another person go to certain appointments for you and pick-up your WIC vouchers. Your proxy can also go to the grocery and pick up your WIC foods for you.*
- Q. I can't take my child out of school to go to so many WIC appointments, what can I do?**
- A. *Children should be present at their first visit, but there are certain times when the child does not have to be present. Please ask your local WIC office.*
- Q. Do I need to be eligible for Medicaid to qualify for WIC?**
- A. *No, you just need to meet the income guidelines. You can find out the income guidelines by contacting your local WIC clinic or our website.*

How to Become a WIC Participant:

- ✓ Call 1-800-251-BABY to locate the clinic nearest you.
- ✓ Call that clinic. Make an appointment to see if you and/or your children are eligible for WIC.
- ✓ **Bring Proof of Income.**
For each person living in your house, bring one of these items:
 - ◆ Pay stub showing "gross income"
 - ◆ Current income tax records
 - ◆ Letter from employer with salary amount
 - ◆ Proof of Social Security benefits
 - ◆ Alimony or Child Support payments
 - ◆ Other proof (ask clinic)
 - ◆ Anyone on Medicaid, SNAP, or TANF already has the right income for WIC. Please bring proof of participating in these programs.
- ✓ **Bring Proof of Where you Live:**
Bring one of these items:
 - ◆ Rent/mortgage receipt
 - ◆ Utility bill
 - ◆ Other proof (ask clinic)
- ✓ **Bring Proof of Identification for each person who wants WIC benefits and Caregiver or Proxy:**
Bring one of these items:
 - ◆ Driver's license
 - ◆ Birth Certificate
 - ◆ State, School, or Work ID card
 - ◆ Other Proof (ask clinic)



Services and Benefits of WIC:

- ◆ Breast pumps and supplies for Breastfeeding Moms per WIC guidelines.
- ◆ Breastfeeding Peer Counselors to help with Breastfeeding concerns
- ◆ Healthy food packages offering fresh fruit and vegetables, whole grain bread, brown rice, canned tuna/salmon, eggs, cheese, low fat milk, iron-fortified cereal, dry beans, peanut butter, and fruit juice. (not in all packages)
- ◆ Iron-fortified infant formula, iron fortified infant cereal, and single-ingredient infant fruits and vegetables. Fully breastfed infants also get infant meats.

WIC Income Guidelines



To be eligible, applicants must have a total household income at or below a level set by the USDA.

Current Income Guidelines can be viewed at:
www.wic.dhh.louisiana.gov

Income eligibility is determined by gross income and some exclusions may apply.

Applicants with proof of Medicaid, SNAP, or TANF automatically meet income requirements.

One pregnant woman counts as 2 household members for income eligibility.

**For More Information Call:
1-800-251-BABY or visit our website at
www.wic.dhh.louisiana.gov
Or call your local clinic:**

LOUISIANA DEPARTMENT
OF HEALTH & HOSPITALS

OFFICE OF PUBLIC HEALTH



Women, Infants & Children

Your Child Has You and You Have WIC

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