

WIC Makes a Difference

What is WIC?

WIC is a government program designed to improve the health of Women, Infants, and Children, by providing:

- Healthy foods at no cost (milk, eggs, cheese, cereal, fruits, veggies, baby formula, and more)
- Nutrition counseling and education
- Breastfeeding support and breast pumps
- Referrals to other programs



Why is WIC important?

Many low-income women, infants, and children are at nutritional risk for poor health. Research shows that WIC enhances pregnancy outcomes, improves the nutritional status of women and children, and improves kids' academic skills.

Who can use WIC?

- Women who are pregnant, breastfeeding, or just had a baby
- Infants and children up to their 5th birthday
- Women, infants, and children qualify if they have Medicaid, SNAP (food stamps), TANF (temporary assistance to needy families), or free/reduced school lunch
- They also qualify if their income is lower than the following guidelines:

Family size (pregnant woman counts as 2)	Yearly Income	Monthly Income	Weekly I ncome
Family of 2	\$29,471	\$2,456	\$567
Family of 3	\$37,167	\$3,098	\$715
Family of 4	\$44,863	\$3,739	\$863
Family of 5	\$52,559	\$4,380	\$1,011

More than 5 people: Please call to see if you qualify.

For more information: Visit www.wicva.com
or call (434) 972-6200, option 4



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