

WIC Eligibility

What is WIC?

WIC is a nutrition program that helps pregnant women, new mothers, infants, and children eat well and stay healthy.

Who's eligible?

- Pregnant women
- New moms (up to six months after delivery)
- Breastfeeding moms (up to one year after delivery)
- Infants (babies under the age of one)
- Children under the age of five

You must live in Indiana, be a United States citizen or Qualified Alien (if age 18 or over), and meet income guidelines. The guidelines are on the back side of this brochure or at wic.in.gov.

What does WIC provide?

- Healthy foods designed to meet special nutrition needs including seasonal fresh produce benefits to purchase from local farmers;
- Nutrition and health screening and assessment;
- Nutrition education and counseling;
- Breastfeeding support, including breastfeeding moms receiving more nutritious foods from WIC, mom-to-mom support from Peer Counselors, and access to lactation professionals;
- Referrals to other Indiana health, family, and social services.

How does WIC work?

Contact the WIC clinic in your community for a free visit to be enrolled and pick up benefits. Clinic information may be found at wic.in.gov under [WIC Clinic Locations List](#). At your first appointment, your family will be eligible for all of the helpful services that WIC provides.

WIC benefits may be used at Indiana WIC approved stores to purchase:

- Milk and milk products
- Fruits and vegetables
- Eggs
- Cereal
- Whole grains (bread, rice, tortillas)
- Tofu
- Baby food
- Formula




Why use the INWIC App?

The INWIC App makes it easier to manage your benefits!



Income eligibility

Families already receiving Medicaid, SNAP, or TANF are income eligible for the WIC program.

Household* size	Annual income, up to \$ (total before deductions)	Monthly income, up to \$ (total before deductions)	Weekly income, up to \$ (total before deductions)
1	\$25,142	\$2,096	\$484
2	\$33,874	\$2,823	\$652
3	\$42,606	\$3,551	\$820
4	\$51,338	\$4,279	\$988
5	\$60,070	\$5,006	\$1,156
6	\$68,802	\$5,734	\$1,324
7	\$77,534	\$6,462	\$1,492
8	\$86,266	\$7,189	\$1,659

If you are pregnant, you may count yourself as two (2).

For households with more than 8 members, add \$8,732 annual income for each additional member.

**Household means a group of people (related or not) who are living as one economic unit.*

Elkhart County WIC Program

Elkhart (574) 522-0104

Goshen (574) 535-6765

Nappanee (574) 773-3006

QUESTIONS?

For more information or to find a clinic near you, call 800-522-0874 or visit our website at wic.in.gov.

Find us on  @IndianaWIC

This institution is an equal opportunity provider.

wic.in.gov

05/01/2022