

WIC Eligibility

What is WIC?

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

Who's eligible?

- Pregnant women;
- Postpartum parents (up to six months after delivery);
- Breastfeeding parents (up to one year after delivery);
- Infants (babies under the age of one);
- Children under the age of five.

You must live in Indiana and meet income guidelines which are found 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 parents receiving additional nutritional foods from WIC, one-on-one 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 Clients. At your first appointment, your family will be eligible for all of the helpful services that WIC provides.

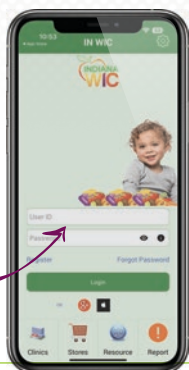
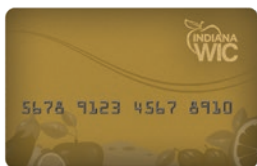
WIC benefits may be used at Indiana WIC approved stores to purchase:

- | | |
|--------------------------|---|
| • Milk and milk products | • Whole grains (bread, rice, tortillas) |
| • Fruits and vegetables | • Tofu |
| • Eggs | • Baby food |
| • Cereal | • Infant 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	\$27,861	\$2,322	\$536
2	\$37,814	\$3,152	\$728
3	\$47,767	\$3,981	\$919
4	\$57,720	\$4,810	\$1,110
5	\$67,673	\$5,640	\$1,302
6	\$77,626	\$6,469	\$1,493
7	\$87,579	\$7,299	\$1,685
8	\$97,532	\$8,128	\$1,876

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

For households with more than 8 members, add \$9,953 annual income for each additional member.

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



QUESTIONS?

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



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