



Are You WIC Eligible?

Many families qualify
and don't even know it.

What is WIC?

WIC is a healthy food and nutrition program available to families in your community. The income requirements for WIC are surprising and many families qualify for this benefit and are not taking advantage of it.

Are you pregnant? Nursing? Have children under the age of 5?

If you said yes to any of these questions, you may be eligible for WIC to help you stretch your grocery budget.

See reverse for details and eligibility chart.

You may be missing out on EXTRA FOOD for your family.

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To qualify for WIC, individuals must meet categorical, residential, and financial requirements.

1. Categorical

Applicants for the NYS WIC Program must be:

- A pregnant woman;
- An infant or child up to 5 years old;
- A mother of an infant up to 6 months old;
- A breastfeeding mother with an infant up to 12 months old.

2. Residential

Applicants must be a resident of New York State.

3. Financial

Applicants must meet income eligibility guidelines (see table below) or receive Medicaid, SNAP (Food Stamps), or TANF (Temporary Assistance for Needy Families).

Household Size	Annual Income	Monthly Income
1	\$23,107	\$1,926
2	\$31,284	\$2,607
3	\$39,461	\$3,289
4	\$47,638	\$3,970
5	\$55,815	\$4,652
6	\$63,992	\$5,333
7	\$72,169	\$6,015
8	\$80,346	\$6,696

Use our online eligibility calculator to see if you are eligible for WIC today!

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This institution is an equal opportunity provider.

