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.

wicstrong.com

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WIC PROGRAM
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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).

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Annual Income</th>
<th>Monthly Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$23,107</td>
<td>$1,926</td>
</tr>
<tr>
<td>2</td>
<td>$31,284</td>
<td>$2,607</td>
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<tr>
<td>3</td>
<td>$39,461</td>
<td>$3,289</td>
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<td>4</td>
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<td>5</td>
<td>$55,815</td>
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<tr>
<td>8</td>
<td>$80,346</td>
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</tbody>
</table>

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

wicstrong.com
This institution is an equal opportunity provider.