

WIC provides healthy food, nutrition education, breastfeeding support, and community connections to pregnant women, new moms, infants, and kids under 5. Dads, grandparents, guardians, and other caregivers can apply for WIC for children in their care.

Working families and non-U.S. citizens can qualify, too.

Your child counts on you,
and you can count on WIC.



You can
count on
WIC.

Women may be eligible for WIC if they are:

- Pregnant
- A mother of a baby up to 6 months old
- A mother of a breastfeeding baby up to 12 months old
- Have a child under age 5

To get WIC, a mother and/or her child must:

- Meet age and other eligibility rules
- Live in New York State
- Have an income below a certain threshold or get benefits from Medicaid, SNAP or TANF

Note: Caregivers can apply for WIC benefits for a child in their care, if the child is under age 5.

Federal WIC Income Eligibility Guidelines Effective through June 30, 2024

Household Size	Annual	Monthly	Twice Monthly	Bi-Weekly	Weekly
1	\$26,973	\$2,248	\$1,124	\$1,038	\$519
2	36,482	3,041	1,521	1,404	702
3	45,991	3,833	1,917	1,769	885
4	55,500	4,625	2,313	2,135	1,068
5	65,009	5,418	2,709	2,501	1,251
6	74,518	6,210	3,105	2,867	1,434
7	84,027	7,003	3,502	3,232	1,616
8	93,536	7,795	3,898	3,598	1,799
For each additional member add:	\$9,509	\$793	\$397	\$366	\$183

Wanda is WIC's new 24/7 virtual assistant. Chat with her online— in less than 3 minutes, you can learn if you might qualify for WIC and get connected to TOI's WIC Clinic.

Chat with Wanda about WIC:
Scan the QR code to the right,
or visit bit.ly/Chat-With-Wanda



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Call us at
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Visit Our Website
www.tiogaopp.org



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