

## Indiana Women, Infants and Children Program

# WIC

WIC is a nutrition program that provides a food package, nutrition education, referrals and breastfeeding support to pregnant and postpartum women, infants, and children until their 5<sup>th</sup> birthday.

### Who is Eligible?

To be eligible for WIC your household must include a pregnant woman, postpartum woman (new mom up to six months after delivery or breastfeeding mom up to one year after delivery), infant, and/or child(ren) under age 5, meet income eligibility and be “nutritionally at risk.” The specific criteria and parameters that indicate risk are determined by a health and dietary assessment performed by a health professional at the time of certification.

### Income Eligibility

Families receiving Medicaid, Food Stamps and/or TANF are income eligible for the Indiana WIC Program. If you are not a member of these other programs, check the income chart below to see if your family might qualify.

#### **2020-2021 WIC Income Guidelines**

<i>Household Size</i>	<i>Annual Income</i>	<i>Monthly Income</i>	<i>Weekly Income</i>
1	\$23,606	\$1,968	\$454
2	\$31,894	\$2,648	\$614
3	\$40,182	\$3,349	\$773
4*	\$48,470	\$4,040	\$933

*\*For households with more than 4 members, add \$8,288 annual income for each additional member. Pregnant women count as 2.*

### WIC Provides:

#### Nutritious Food

A food package to participants which includes the following foods:

- Milk, Yogurt
- Cheese
- Eggs
- Cereal
- Juice
- Peanut Butter
- Dried or Canned Beans, Dried Peas and Lentils
- Whole Grain Bread, Tortillas, or Brown Rice
- Fresh and Frozen Fruits and Vegetables
- Fish (fully breastfeeding women only)
- Iron-fortified formula (if needed), infant cereal and fruit or vegetable baby food (infants only)
- Meat baby food (fully breastfed infants only)
- Supplemental liquid nutrition (exempt formulas and WIC-eligible nutritionals) and other WIC foods prescribed by a physician (infants, children and women only)

Each participant receives a prescribed food package based on nutritional need.

**Apply** by appointment in person at your local clinic.

To find the clinic nearest you or to learn more about WIC, call **1-800-522-0874**

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### **Breastfeeding Support**

Participants receive encouragement and instruction in breastfeeding. In many cases, breastfeeding women are provided breast pumps free of charge. WIC helps participants learn why breastfeeding is the best start for their baby, how to breastfeed while still working, Dad's role in supporting breastfeeding, tips for teens who breastfeed, how to pump and store breast milk, and much more.

### **Nutrition Education**

WIC offers a range of health and nutrition education services for families to help participants put healthy behaviors into action. Nutrition education is provided in Indiana through various methods, including one-on-one contacts, group classes, and individual learning modules. These services are customized to each family's needs and interests and include:

- Infant feeding
- Breastfeeding
- Prenatal Weight Gain
- Postpartum Weight Loss
- Picky Eaters
- Anemia

### **Referrals**

A specific function of the Indiana WIC certification process is to make referrals for Medicaid and other social service programs.

### **How to Apply:**

You will need to make an appointment at the WIC clinic location nearest you to apply. Call 1-800-522-0874 or visit <http://www.in.gov/isdh/20424.htm> to find the closest clinic.

You will need to bring the following items with you at the time of the appointment:

- Each person applying for WIC will need to be physically present (you must bring all children under 5 with you to apply).
- Proof of income is required for everyone in the applicant's family who works or has a source of income. The following would be accepted as proof of income:
  - Paycheck stub(s) for the past 30 days.
  - You may be automatically income eligible if you or certain family members participate in Medicaid, Temporary Assistance for Needy Families (TANF), or Food Stamps. A letter of eligibility is needed if you participate in one of these programs.
- Proof of identity is required for everyone applying. The following would be accepted as proof of identity:
  - A valid driver's license
  - A photo ID
  - A birth certificate
- Proof of address is required. The following would be accepted as proof of address:
  - A bill or business letter addressed to you
  - A current driver's license
- Immunization record for infants and children up to age 2 who are applying.

**Programs and systems change often. It is important to ensure that you are using the most current information. This fact sheet was updated March 2021. Please check [http://fvindiana.org/fact\\_sheets](http://fvindiana.org/fact_sheets) for the most recent edition.**

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