



WIC is a Special Supplemental Nutrition Program for pregnant, breastfeeding, and postpartum women, infants and children up to 5 years of age. WIC provides healthy foods, nutrition education and referrals to other health and social services.

Who is Eligible?

- Pregnant women
- Breastfeeding Women
- Postpartum Women
- Infants
- Children ages 1-5 years

And You Must Meet the Following:

- Income Requirements (see chart)
- Be a Resident of Louisiana
- Have a nutrition related problem

Services WIC Offers

- Nutrition Education and Counseling
- Breastfeeding Support and Education
- Childhood Immunizations (some clinics give shots others will refer you to another clinic)
- Referrals to other health/social service programs including; Medicaid, Family Planning, SNAP (Food Stamps), TANF, LaChip
- WIC Foods: Milk, Juice, Cheese, Eggs, Beans, Whole Wheat Bread, Cereals, Fresh Fruits & Vegetables, Infant Formula, Infant Cereal and Infant Fruits & Vegetables.

WIC Income Guidelines 2020-2021

Your gross income cannot exceed:

Household Members	Gross Annual	Gross Monthly
1	\$23,606	\$1,968
2	\$31,894	\$2,658
3	\$40,182	\$3,349
4	\$48,470	\$4,040
5	\$56,758	\$4,730
6	\$65,046	\$5,421
7	\$73,334	\$6,112
8	\$81,622	\$6,802
9	\$89,910	\$7,493
10	\$98,198	\$8,184

For more than 10 household members, or if you have any income questions, call 1-800-251-BABY or your WIC Clinic. Individuals with proof of Medicaid, SNAP (Food Stamps), or TANF automatically meet income requirements.

* One pregnant woman counts as 2 household members

How to Become a WIC Participant

- Call 1-800-251-BABY to locate the best WIC Clinic for you.
- Call that clinic. Make an appointment to see if you and/or your children are eligible for WIC.
- **Bring Proof of Income.**
For each person living in your house, bring one of these items:
 - Pay stub showing "gross income"
 - Current tax records
 - Letter from employer with salary amount
 - Proof of Social Security benefits or Unemployment benefits
 - Alimony or Child Support Payments
 - Other proof (ask clinic)
 - Anyone on Medicaid, SNAP (Food Stamps) or TANF is automatically income eligible for WIC. Please bring proof of participating in these programs.
- **Bring Proof of where you live:**
Bring one of these items:
 - Rent receipt
 - Utility bill
 - Other proof (ask clinic)
- **Bring Proof of Identification for each person who wants WIC benefits:**
Bring one of these items:
 - Driver's license
 - Birth certificate
 - State or School ID

Louisiana WIC Income Eligibility Guidelines Effective July 1, 2020 – June 30, 2021
For more information or to locate a WIC clinic near you call (800)251-BABY (251-2229) or visit our website at www.louisianawic.org

This institution is an equal opportunity provider.

