



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 1-4 years (up to the 5th birthday)

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, Yogurt, Cheese, Eggs, Beans, Canned Fish, Whole Wheat Bread, Cereals, Fresh Fruits & Vegetables, Infant Formula, Infant Cereal and Infant Fruits & Vegetables.

WIC Income Guidelines 2022-2023

Your household's gross income cannot exceed:

Household Members	Gross Annual	Gross Monthly
1	\$25,142	\$2,096
2	33,874	2,823
3	42,606	3,551
4	51,338	4,279
5	60,070	5,006
6	68,802	5,734
7	77,534	6,462
8	86,266	7,189
9	94,998	7,917
10	103,730	8,645

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.

* A pregnant woman may, under some circumstances, count the fetus(es) as 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 All Sources of the Household's Total Income.**
For each person living in your house, bring one of these items:
 - Pay stubs showing "gross income" for the last 30 days
 - 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, 2022 – June 30, 2023
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.

