Pennsylvania WIC Program Fact Sheet

The U.S. Department of Agriculture is the sole funding source for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), and it provides a grant used to prevent and improve nutrition-related health problems for women, infants, and children with healthy supplemental foods and nutrition services.

- WIC was authorized by Congress in 1972 and was implemented in Pennsylvania in May 1974.
- The program is administered through contracts with county and private non-profit agencies that deliver WIC services locally in all 67 counties at about 278 sites.

WIC Program Coverage

WIC is available in all 50 states, 34 Indian Tribal Organizations, America Samoa, District of Columbia, Guam, Commonwealth Islands of the Northern Marianas, Puerto Rico, and the Virgin Islands. These 90 WIC state agencies provide WIC benefits monthly to about 8.5 million women, infants, and children. Pennsylvania serves over 247,000 women, infants, and children every month.

WIC Program Eligibility

- Women who are pregnant or had a baby in the past six months, or twelve months if breastfeeding
- Infants and children under age 5

Applicants must: (1) reside in Pennsylvania; (2) have a medical or nutritional risk; (3) have a household gross income that does not exceed 185 percent of the U.S. Poverty Income Guidelines. For example, a family of four can earn up to $44,863 annually effective July 1, 2015, and be income eligible for the WIC Program. An unborn child is included in the family size.

NOTE: Medical Assistance (MA), Temporary Aid for Needy Families (TANF) and Supplemental Nutrition Assistance Program (SNAP - food stamps) clients are eligible, but must provide income documentation.

Foster children under 5 with the ACCESS card are eligible, and foster parent income is not required.

WIC does not require proof of citizenship or alien status.

Benefits and Services WIC Provides

- Nutrition education and information
- Breastfeeding information and support
- Health and children's immunization screenings
- Referrals to health and social service organizations

- Participation in the Farmers' Market Nutrition Program (FMNP) for certain clients
- WIC checks for nutritious foods from any WIC authorized store
- A monthly food package that may include: fruits and vegetables, whole grains, soy alternatives, milk, 100 percent fruit and/or vegetable juice, peanut butter, cheese, yogurt, eggs, canned or dried beans, cereal, iron-fortified infant formula and cereal, jarred infant foods, canned fish, and special formulas when medically necessary

All services are provided at no cost to the participant.

How to Apply for WIC Benefits and Services

An applicant may apply for the WIC Program by calling their local WIC agency to schedule an appointment. At the appointment, a health and nutrition assessment will be completed.

An applicant may also call the WIC toll-free hotline 1-800-WIC-WINS (1-800-942-9467) and be connected with the WIC office closest to their home.

An applicant may also go to www.pawic.com website and get started online. Applicants may complete and submit the pre-application to the WIC agency in their county.

WIC Health Outcomes

- WIC reduces fetal deaths and infant mortality.
- WIC reduces low birth weight rates and increases the duration of pregnancy.
- WIC improves the growth of nutritionally at-risk infants and children.
- WIC decreases the incidence of iron deficiency anemia in children.
- WIC improves the dietary intake of pregnant and postpartum women and promotes proper weight gain in pregnant women.
- Children enrolled in WIC are more likely to have a regular source of medical care and have more up-to-date immunizations.
- Children who receive WIC benefits demonstrate improved intellectual development.
- WIC significantly improves children's diets.

WIC Contact Information

The WIC toll-free hotline is 1-800-WIC-WINS (1-800-942-9467).
For more information about the WIC Nutrition Program,
visit the website at www.pawic.com.

Pennsylvania WIC is funded by the
United States Department of Agriculture (USDA).
This institution is an equal opportunity provider.