

## Did you know?

- Even if you receive SNAP, MA or TANF, you may also apply for WIC.
- In most instances, WIC has higher income guidelines than SNAP, MA or TANF. Even if you don't qualify for these programs, you may qualify for WIC.
- Most families in Head Start and Early Head Start qualify for WIC.
- Foster children under age 5 qualify for WIC. Foster parent income is not considered.
- WIC does not require proof of citizenship.

### WIC Income Guidelines

Household Size	*Monthly (Approx.)
1	\$1,968
2	\$2,658
3	\$3,349
4	\$4,040

For each additional person, add:

**\$691**

\*Income (before taxes) is effective July 1, 2020  
For each unborn infant, add one to household size.



## How do I apply?

Get started online at [pawic.com](http://pawic.com) or call  
**1-800-WIC-WINS**  
**(1-800-942-9467).**



[www.health.pa.gov](http://www.health.pa.gov)  
[www.pawic.com](http://www.pawic.com)



**Choose Healthy.**  
**Choose WIC!**



PA WIC is funded by the USDA.  
This institution is an equal opportunity provider.

## What IS WIC?

WIC is the Special Supplemental Nutrition Program to help improve the health of women, infants and children. WIC services are provided at no cost to you and your family.

**“WIC has helped me make healthier choices for my child, and I can save on my grocery bill.” -- WIC Mom**

## Who IS ELIGIBLE?

- **Women** who are pregnant, breastfeeding or recently had a baby (under 6 months)
- **Infants**
- **Children** under age 5

You must live in Pennsylvania, have a nutrition need and not exceed the income guidelines.

WIC is for married and single parents, working families and the unemployed. If you are a father, mother, foster parent or other legal guardian of a child under age 5, you can apply for WIC for your child.



## How CAN WIC HELP MY FAMILY?

### Offers screenings and referrals to health care and other services

- Iron testing for anemia
- Immunization, health and lead screenings
- Referrals for SNAP, MA, TANF, CHIP, Healthy Beginnings Plus, Head Start, food banks, etc.

### Gives advice for healthy eating

- One-on-one nutrition education
- Nutrition materials
- Online information

### Supports breastfeeding

Breastfeeding provides many health, nutritional, economical and emotional benefits to mother and baby. WIC helps mothers continue breastfeeding even if they return to work.

### Provides healthy food

- ✓ Milk
- ✓ Cheese
- ✓ Yogurt
- ✓ Soy-based beverages
- ✓ Tofu
- ✓ Fruits and vegetables (fresh, frozen or canned)
- ✓ Dried or canned beans/peas
- ✓ Eggs
- ✓ Peanut butter
- ✓ Canned fish
- ✓ Juice
- ✓ Cereal
- ✓ Whole grains (bread, tortillas, oats, brown rice and pasta)
- ✓ Infant foods
- ✓ Formula and medically necessary supplements

