

# Fast Facts

## History and background

- Funding for WIC comes from the U.S. Department of Agriculture (USDA).
- WIC was authorized by Congress in 1972 and was implemented in Pennsylvania in May 1974.
- WIC works to prevent and improve nutrition-related health problems by offering healthy supplemental foods, nutrition services, breastfeeding support and referrals to eligible women, infants and children.
- WIC is made possible in Pennsylvania through contracts with county and private non-profit agencies and is administered by the Department of Health.

## Where can I get WIC services?



34

Indian Tribal Organizations

- Also...
- American Samoa
  - District of Columbia
  - Guam
  - Commonwealth Islands of Northern Marianas
  - Puerto Rico
  - Virgin Islands



These 90 state WIC agencies provide monthly benefits to **7 million** women, infants and children.

## Who is eligible for WIC?

### Women

- Pregnant
- Up to six months postpartum
- Up to one year postpartum if breastfeeding

### Infants and children

- Under 5 years old, including foster children



### All applicants must...

1. Live in Pennsylvania
2. Have a medical or nutritional need
3. Have a household gross income that does not exceed 185 percent of the US Poverty Income Guidelines. (If you receive SNAP, MA or TANF, you may apply for WIC regardless of income.)

WIC does not require proof of citizenship.

## Services and benefits

**NEW!** EBT cards to replace checks in 2019 and will make shopping easier and faster! The cards can be used at any WIC authorized store.



## You will enjoy benefits like...

- Breastfeeding information and support



- Referrals to health and social service programs

- Nutrition information

- Monthly food packages include nutritious food from all food groups

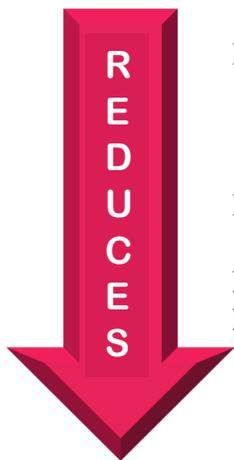


- Health and nutrition screenings

- Farmers' Market Nutrition Program (FMNP) vouchers for participants over age 1

*All services and benefits are free!*

## Health outcomes



- Iron deficiency anemia in children
- Low birth weight
- Fetal deaths
- Infant mortality



- Duration of pregnancy
- Growth of nutritionally at-risk infants and children
- Dietary intake of pregnant and post-partum women and promotes proper weight gain in pregnant women
- Regular medical care and up-to-date immunizations for children
- Children's intellectual development
- Children's diets

## Applying or referring to WIC is easy!

**1.**

Call your local WIC agency to schedule an appointment.

**2.**

Call the WIC toll-free hotline at 1-800-942-9467 to reach the closest WIC office.

**3.**

Submit a pre-application online at [pawic.com](http://pawic.com). We will contact you for an appointment.

**More Questions? Contact us! 1-800-WIC-WINS (800-942-9467)**



For more information, visit our website at [www.pawic.com](http://www.pawic.com).

