

# Choose Healthy. Choose WIC!



WIC provides free nutrition information, healthy foods, breastfeeding support and referrals to eligible pregnant and postpartum women, infants and children under age 5.

Get started online at  
**PAWIC.COM** or call:

**1-800-WIC-WINS**  
**(1-800-942-9467)**



Even if you receive SNAP, MA or TANF, you may also apply for WIC.

Foster children under age 5 qualify for WIC.

WIC helps working families and the unemployed.

Pregnant?  
No need to wait.  
Apply now!

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



HD0512P Rev. 7/22

### WIC Income Guidelines

HOUSEHOLD SIZE	*MONTHLY INCOME (Approx.)
1	\$2,096
2	\$2,823
3	\$3,551
4	\$4,279

For each additional family member, add \$728.  
\*Income (before taxes) effective July 1, 2022. For each unborn infant, add one to household size.  
**WIC does not require proof of citizenship.**

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