

WIC Makes a Difference

Do You Qualify?

What is WIC?

WIC (Women, Infants, and Children) is a Federally-funded health and nutrition program that serves low and moderate income pregnant, breastfeeding, and postpartum women, infants, and children up to age five who have nutrition-related health problems. Here are some interesting facts about WIC:

- WIC has demonstrated a positive effect on pregnancy outcomes, and child growth and development.
- One out of every two babies born in Michigan receives WIC benefits.
- Each month, more than 200,000 moms, babies, and children less than age five receive nutritious foods from the Michigan WIC Program.
- The earlier a pregnant woman receives nutritional benefits from WIC, the more likely she is to seek prenatal care and deliver a normal weight infant.
- For every dollar spent by this program, more than three dollars in subsequent health care costs are saved.



2012 Guidelines

Gross income (before taxes) cannot exceed the following amounts:

Size of economic unit	Hourly	Weekly	Monthly	Annually
1	\$ 9.94	\$ 398	\$1,723	\$20,665
2	\$13.46	\$ 539	\$2,333	\$27,991
3	\$16.98	\$ 680	\$2,944	\$35,317
4	\$20.51	\$ 821	\$3,554	\$42,643
5	\$24.03	\$ 961	\$4,165	\$49,969
6	\$27.55	\$1,102	\$4,775	\$57,295
7	\$31.07	\$1,243	\$5,386	\$64,621
8	\$34.59	\$1,384	\$5,996	\$71,947

Note: a pregnant woman is counted as one (1) plus the number of infants expected, (1 or more) when determining income eligibility for the total economic unit.

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How does WIC Work?

- The program provides a combination of nutrition education, supplemental foods, breastfeeding promotion and support, and referrals to health care.
- WIC foods are selected to meet nutrient needs, such as calcium, iron, folic acid, Vitamins A & C.
- Participant's exchange WIC food benefits at approved retail grocery stores and pharmacies.

What does WIC Provide?

- Food for infants (birth - 12 months)
- Foods for women and children (under five years of age)
- Nutritional education
- High-risk nutrition counseling
- Health care referrals
- Breastfeeding promotion and support
- Project FRESH coupons (to purchase fresh fruits and vegetables)



For more information, please contact the Mid-Michigan District Health Department at:

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