



WIC makes a difference!

What is WIC?

Women, Infants and Children (WIC) 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 with nutrition-related health problems. WIC provides nutritious food (\$30-\$112 or more per month), nutrition education, healthcare referrals, breastfeeding promotion and support to families who qualify.

How does WIC work?

Participants receive an electronic card to purchase WIC foods at approved grocery stores. Foods are selected to meet nutrient needs, such as calcium, iron, folic acid and Vitamins A&C.



What does WIC provide?

- Breastfeeding Support
- Formula for infants (birth to 12 months)
- Baby food for infants (6 to 12 months)
- Food for women and children (under 5 yrs.)
- Nutritional education
- High-risk nutrition counseling
- Health care referrals
- Project FRESH coupons to purchase fresh fruits and vegetables

Your family might qualify!

1. You may qualify for WIC if you live in Michigan and answer YES to ANY of these questions:

- Are you pregnant?
- Did you just have a baby?
- Are you breastfeeding an infant?
- Do you have a child younger than 5 years old (including foster kids)?
- Are you, a father, or grandparent raising a child under 5 years old?

2. AND answer YES to ANY of these questions:

- Do you, your infant, or child less than 5 years old have Medicaid?
- Does a family member receive food benefits, like Supplemental Nutrition Assistance Program (SNAP)/Food Stamps?
- Does a family member receive Family Independence Program (FIP) benefits?
- Do you meet the income guidelines (see chart)

2022/2023 Income Guidelines

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

Family Size*	Hourly	Weekly	Monthly	Annually
1	\$12.08	\$ 484	\$2,096	\$25,142
2	\$16.28	\$ 652	\$2,823	\$33,874
3	\$20.48	\$ 820	\$3,551	\$42,606
4	\$24.68	\$ 988	\$4,279	\$51,338
5	\$28.87	\$1,156	\$5,006	\$60,070
6	\$33.07	\$1,324	\$5,734	\$68,802
7	\$37.27	\$1,492	\$6,462	\$77,534
8	\$41.47	\$1,659	\$7,189	\$86,266
9	\$45.67	\$1,827	\$7,917	\$94,998
10	\$49.87	\$1,995	\$8,645	\$103,730

* A pregnant woman is counted as one + the number of infants expected when determining income eligibility for the total economic unit.

"This institution is an equal opportunity provider"

WIC facts

- WIC has 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 under the age of five receives nutritious foods from Michigan WIC.
- If a woman receives WIC early in her pregnancy, she is more likely to deliver a healthy, normal weight infant.
- For every dollar spent on WIC, more than three dollars in health care costs are saved.



Example of monthly food benefits

For more information or to see if you qualify, contact Mid-Michigan District Health Department

Clinton County Branch Office
1307 E. Townsend Rd.
St. Johns, MI 48879
989-224-2195

Gratiot County Branch Office
51 Commerce Dr.
Ithaca, MI 48847
989-875-3681

Montcalm County Branch Office
15 N. State St.
Stanton, MI 48838
989-831-5237

Mid-Michigan District
HEALTH DEPARTMENT
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