WIC Here for You During COVID-19

**WIC is Open**
Services and office hours may look different, with many offices offering phone services and curbside pick-up of WIC benefits.

**WIC Serves**
Pregnant, breastfeeding and postpartum women, infants, and children up to 5.

**WIC Offers Nutritious Foods**
- **Women and Children (1-5 years old)**: Whole wheat bread and tortillas, cereal, milk, eggs, cheese, peanut butter, beans, and fruit and vegetables.
- **Breastfeeding Infants**: Infant cereal and jarred infant fruits, vegetables, and meats.
- **Non-breastfed Infants**: Formula, infant cereal, and jarred infant fruits and vegetables.

**WIC Staff Provide**
Breastfeeding support, nutrition education and referrals to various community resources.

**Qualify for SNAP?**
You may be eligible for WIC too!

**Don’t Qualify for SNAP?**
You may still qualify for WIC, check out our income guidelines:

<table>
<thead>
<tr>
<th>Family Size</th>
<th>Weekly</th>
<th>Monthly</th>
<th>Yearly</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 family</td>
<td>$445</td>
<td>$1,926</td>
<td>$23,107</td>
</tr>
<tr>
<td>2 family</td>
<td>$602</td>
<td>$2,607</td>
<td>$31,284</td>
</tr>
<tr>
<td>3 family</td>
<td>$759</td>
<td>$3,289</td>
<td>$39,461</td>
</tr>
<tr>
<td>4 family</td>
<td>$917</td>
<td>$3,970</td>
<td>$47,638</td>
</tr>
<tr>
<td>5 family</td>
<td>$1,074</td>
<td>$4,652</td>
<td>$55,815</td>
</tr>
<tr>
<td>6 family</td>
<td>$1,231</td>
<td>$5,333</td>
<td>$63,992</td>
</tr>
</tbody>
</table>

For each additional family member add $158

Weekly: $682  Monthly: $8,177

To find a clinic near you:

Or call the automated office locator line:
1-800-323-4769 (voice) 1-866-295-6817 (TTY)

WIC does not require proof of citizenship or immigration status.

This institution is an equal opportunity provider.