

WIC

WIC, the **Women, Infants, and Children** program, is a nutrition program that helps pregnant women, new mothers and children under age 5 eat well and stay healthy. You will never have to pay for any WIC benefits.

You qualify for WIC if your household receives Food Stamps, CalWORKs or full Medi-Cal. Or you qualify if your "gross income" (your income before taxes and deductions) is below the following:

Household Size	Annually	Monthly
1	17,705	1,476
2	23,736	1,978
3	29,767	2,481
4	35,798	2,984
5	41,829	3,486
6	47,860	3,989
7	53,891	4,491
8	59,922	4,994
Each add'l member, add	+6,031	+503

This chart is accurate for July 1, 2005 to June 30, 2006. Note: If you are pregnant, add one to the number of people in your household.

If you are pregnant, bring verification when you apply. Also, you or your child must be medically identified as in need of better nutrition. It is helpful, but not required, to bring current medical information when you apply.

If you are treated unfairly in any way you can complain to the supervisor at the WIC site or hand in a short note or letter requesting a hearing. Include the date, your name and address and an explanation of your complaint. Keep a copy of your letter.

WHAT CAN I GET?

- **Special checks** to buy healthy foods such as milk, juice, eggs, cheese, cereal, dry beans and peas, and peanut butter.
- WIC also provides a limited number of vouchers that can be used at **Farmer's Markets** for fruits and vegetables. Information about nutrition and health to help you and your family eat well and be healthy
- Support and information about breastfeeding your baby
- Help in finding health care and other community services
- Extra vouchers: Women who breastfeed totally receive an extra set of vouchers providing them with additional foods including tuna and fresh carrots. You can also get vouchers for iron-fortified infant formula and cereals for infants.
- Counseling: WIC participants are regularly scheduled to attend meetings and individual counseling. Some of the

topics discussed include car seat safety, tooth decay, food and nutrition, and breastfeeding.

You can share your concerns about breastfeeding and children's eating habits with a counselor and other mothers involved in the program. In some WIC programs, breastfeeding women can come into the WIC clinic any time they have a question, a problem, or need support.

WHO CAN WIC HELP?

Women and children who need better nutrition and are low to medium income. Working families may qualify.

- Women who are pregnant, breastfeeding, or just had a baby
 - Children under 5 years old (including foster children and children raised by their father)
- (See the income limits in the chart in the left hand column.)

WHERE CAN I FIND WIC?

WIC has 100 local offices in Los Angeles County located in health clinics, hospitals, and community centers that provide baby and maternity care. Some doctors or clinics may refer you to the program but even if they do not, you should apply, if you meet the requirements and need the benefits. Call the toll free number below for more information and to find the WIC office location closest to your home.

(888) WIC-WORKS
(888) 942-9675