Purpose:
The purpose of the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is to promote and maintain the health and well-being of nutritionally at-risk pregnant, breastfeeding and postpartum women, infants and children. WIC provides nutrition education, breastfeeding education and support, supplemental nutritious foods, and referrals to other health and nutrition services.

- Health benefits of WIC have reduced premature births, low birthweight, and long-term medical expenses.

Who is Eligible for WIC?
To be eligible for WIC benefits in Wisconsin, a person must meet the following requirements:
- Be a pregnant, breastfeeding, or new mother; be an infant up to age one; or a child up to age 5;
- Be a resident of Wisconsin;
- Be income eligible (income eligibility guidelines are on the next page); and
- Have a health or nutrition need

Benefits Received by WIC Participants
All participants receive:
- Screening for nutrition and health needs
- Information on how to use WIC foods to improve health
- Benefits to buy foods that help keep you and your children healthy and strong
- Referrals to doctors, dentists, and programs like Wisconsin FoodShare, Medicaid, BadgerCare Plus, Wisconsin Works (W-2), and Head Start

Women receive:
- WIC approved foods (https://www.dhs.wisconsin.gov/wic/approved-foods.htm)
- Information on healthy eating during pregnancy and breastfeeding
- Help with starting or continuing breastfeeding

Infants receive:
- Help with starting or continuing breastfeeding
- Infant foods (https://www.dhs.wisconsin.gov/wic/infant-foods.htm)
- Infant formula, if needed
- Immunization referrals
Parents/caretakers receive information on taking care of babies

Children:
- WIC approved foods (https://www.dhs.wisconsin.gov/wic/approved-foods.htm)
- Immunization referrals
Parents/caregivers receive information on food shopping, recipes, and feeding your child

➢ To apply for WIC, go to Nutrition & WIC Area Contacts: https://www.dhs.wisconsin.gov/wic/contacts.htm
➢ For other health programs and referral services, contact the Well Badger Resource Center at: 1-800-642-7837 OR https://wellbadger.org/
## Wisconsin WIC Program - Income Eligibility Table

The income levels are based on 185% of the US Dept. of Health and Human Services Nonfarm Income Poverty Guidelines for Gross Income *(before deductions)*. Applicants exceeding 185% are not eligible.

### July 1, 2020 – June 30, 2021

<table>
<thead>
<tr>
<th>Family Size</th>
<th>Weekly $</th>
<th>Every Two Weeks $</th>
<th>Twice Per Month $</th>
<th>Monthly $</th>
<th>Annual $</th>
</tr>
</thead>
<tbody>
<tr>
<td>ONE</td>
<td>454</td>
<td>908</td>
<td>984</td>
<td>1,968</td>
<td>23,606</td>
</tr>
<tr>
<td>TWO</td>
<td>614</td>
<td>1,227</td>
<td>1,329</td>
<td>2,658</td>
<td>31,894</td>
</tr>
<tr>
<td>THREE</td>
<td>773</td>
<td>1,546</td>
<td>1,675</td>
<td>3,349</td>
<td>40,182</td>
</tr>
<tr>
<td>FOUR</td>
<td>933</td>
<td>1,865</td>
<td>2,020</td>
<td>4,040</td>
<td>48,470</td>
</tr>
<tr>
<td>FIVE</td>
<td>1,092</td>
<td>2,183</td>
<td>2,365</td>
<td>4,730</td>
<td>56,758</td>
</tr>
<tr>
<td>SIX</td>
<td>1,251</td>
<td>2,502</td>
<td>2,711</td>
<td>5,421</td>
<td>65,046</td>
</tr>
<tr>
<td>SEVEN</td>
<td>1,411</td>
<td>2,821</td>
<td>3,056</td>
<td>6,112</td>
<td>73,334</td>
</tr>
<tr>
<td>EIGHT</td>
<td>1,570</td>
<td>3,140</td>
<td>3,401</td>
<td>6,802</td>
<td>81,622</td>
</tr>
<tr>
<td>ADDITIONAL</td>
<td>160</td>
<td>319</td>
<td>346</td>
<td>691</td>
<td>8,288</td>
</tr>
</tbody>
</table>

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1. Mail: U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW
   Washington, D.C. 20250-9410
2. Fax: (202) 690-7442; or
3. Email: program.intake@usda.gov

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