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, 2018 – June 30, 2019**

<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>432</td>
<td>864</td>
<td>936</td>
<td>1,872</td>
<td>22,459</td>
</tr>
<tr>
<td>TWO</td>
<td>586</td>
<td>1,172</td>
<td>1,269</td>
<td>2,538</td>
<td>30,451</td>
</tr>
<tr>
<td>THREE</td>
<td>740</td>
<td>1,479</td>
<td>1,602</td>
<td>3,204</td>
<td>38,443</td>
</tr>
<tr>
<td>FOUR</td>
<td>893</td>
<td>1,786</td>
<td>1,935</td>
<td>3,870</td>
<td>46,435</td>
</tr>
<tr>
<td>FIVE</td>
<td>1,047</td>
<td>2,094</td>
<td>2,268</td>
<td>4,536</td>
<td>54,427</td>
</tr>
<tr>
<td>SIX</td>
<td>1,201</td>
<td>2,401</td>
<td>2,601</td>
<td>5,202</td>
<td>62,419</td>
</tr>
<tr>
<td>SEVEN</td>
<td>1,355</td>
<td>2,709</td>
<td>2,934</td>
<td>5,868</td>
<td>70,411</td>
</tr>
<tr>
<td>EIGHT</td>
<td>1,508</td>
<td>3,016</td>
<td>3,267</td>
<td>6,534</td>
<td>78,403</td>
</tr>
<tr>
<td>ADDITIONAL</td>
<td>154</td>
<td>308</td>
<td>333</td>
<td>666</td>
<td>7,992</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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