



WIC Eligibility Checklist for Families

Are you eligible to get healthier, fresher food for your family? Many low-income pregnant, postpartum, and breastfeeding women; infants; children up to age 5; and households with a father, guardian, or foster parent caring for a qualifying child, are eligible for food assistance, nutrition education, education about breastfeeding, support for nursing mothers, and healthcare and social-service referrals through a program called the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). Approximately 6.3 million people across the United States receive WIC food benefits and other support. To help you figure out if you are eligible for these benefits, we put together the checklist below and other useful information in the pages that follow. Feel free to go over this checklist with your park and recreation staff here at []. We are happy to help you in any way we can!

Three household roles qualify for WIC:

- You are pregnant, breastfeeding or a new mother,
- You have an infant or children under 5 years of age, and/or,
- You are a father, guardian, or foster parent who is the sole provider of a qualifying child.

You also have to show:

- You or your children have a health or nutrition need, including breastfeeding women, lactose intolerance, and diabetes (for a full list of needs see: bit.ly/WICnutritionalneedsheet)
- You have a gross income (i.e., before taxes are withheld) less than or equal to WIC income guidelines (see Table 1 on the next page; A pregnant woman counts as two family members).

You also may be income eligible for WIC if:¹

- You currently receive benefits through Temporary Assistance for Needy Families (TANF), Supplemental Nutrition Assistance Program (SNAP) (formerly called Food Stamps), and/or Medicaid.
- Certain family members receive TANF or Medicaid.
- Your state agency decides that individuals who are eligible to participate in certain other state-administered programs also are eligible for WIC. Here in our state, if you participate in [], you may be eligible for WIC.

WIC program requirements to keep in mind:

- Able-bodied household members, ages 16 through 59, must register for work and may be required to participate in a SNAP Employment and Training Program unless a specified exemption is met.
- You have to participate in a health screening to determine if you are at “nutritional risk,” which is determined by a health professional such as a physician, nutritionist, or nurse, and is based on Federal guidelines. This health screening is free to program applicants. You will be asked to return to the WIC center every 2 to 3 months.
- Breastfeeding mothers are eligible to participate in WIC longer than non-breastfeeding mothers.



If you have access to the internet, there is a “WIC PreScreening Tool” created by the United States Department of Agriculture. It can be found at bit.ly/WICscreening, and the tool is available in the following languages:

[English](#) | [Español](#) | [中文](#) | [한국어](#) | [русский](#) | [Somali](#) | [Việt](#) | [العربية](#) | [Kreòl Ayisen](#)

Table 1. WIC Income Guidelines

Income Eligibility Guidelines (effective 07/01/19 - 06/30/2020)

	Annually	Monthly	Weekly
Family of 1	\$23,107	\$1,926	\$445
Family of 2	31,284	2,607	602
Family of 3	39,461	3,289	759
Family of 4	47,638	3,970	917
Family of 5	55,815	4,652	1,074
Family of 6	63,992	5,333	1,231
Family of 7	72,169	6,015	1,388
Family of 8	80,346	6,696	1,546
For each add'l family member, add	+ \$8,177	+ 682	+ 158

Source: fns.usda.gov/wic/frequently-asked-questions-about-wic (accessed on May 14, 2020)

To find offices that can help you sign up for WIC, use this link: [fns.usda.gov/contacts?f\[0\]=program%3A32](https://fns.usda.gov/contacts?f[0]=program%3A32)



Additional Information

WIC Foods and Services²

WIC checks, vouchers or EBT cards are used to purchase specific foods each month that are designed to supplement diets with specific nutrients that benefit WIC's target population (worth approximately \$50/month). WIC foods include those listed below, and at the grocery or corner market you likely will see WIC shelf tags that highlight eligible items. On the next two pages we provide snapshots of monthly WIC foods.

- Infant cereal
- Iron-fortified adult cereal
- Vitamin C-rich fruit or vegetable juice
- Eggs
- Milk
- Cheese
- Peanut butter
- Dried and canned beans/peas
- Canned fish
- Soy-based beverages
- Tofu
- Fruits and vegetables
- Baby foods
- Whole-wheat bread
- Other whole-grain options were recently added
- For women who do not fully breastfeed, infant formula
- Medical foods if medically necessary, such as infant formula, ensure, or pediasure (see: itcaonline.com/wp-content/uploads/2011/11/CHAP-4-ATTACHMENT-B-WIC-Eligible-Formulas-and-Medical-Foods.pdf)

At your screening and follow-up visits to your WIC Center, you also will receive:

- Nutrition education
- Health screenings
- Breastfeeding counseling
- Immunization screening and referral
- Substance abuse referral

WIC during COVID-19³

The Families First Coronavirus Response Act has changed the way WIC operates. For example, you may not have to physically go to the clinic for WIC certification, instead you may be able to do the certification process using your phone, FaceTime or other virtual modalities. And since WIC benefits are mostly on EBT cards, benefits can be downloaded remotely when WIC offices are closed. Also, there have been some allowances with regards to food substitutions when WIC foods are not available due to shortages. For example, skim milk may not be available, so other varieties of milk would be allowed. Finally, there have been shortages of infant formula, and there are no alternatives for it. WIC reminds families not to make their own formula, and asks them not to overly dilute formula to make it go longer, which would dilute the nutrition provided to the infant.

References:

¹fns.usda.gov/wic/wic-eligibility-requirements (accessed on May 19, 2020)

²fns-prod.azureedge.net/sites/default/files/wic/wic-fact-sheet.pdf (accessed on May 18, 2020)

³stateofchildhoodobesity.org/stories/supporting-a-healthy-early-childhood-during-the-covid-19-pandemic (accessed on May 19, 2020)



SNAPSHOT of the WIC Food Packages ¹				
Maximum Monthly Allowances of Supplemental Foods for Children and Women				
Foods	Children	-----Women-----		
	Food Package IV 1 through 4 years	Food Package V: Pregnant and Partially (Mostly) Breastfeeding (up to 1 year postpartum)	Food Package VI: Postpartum (up to 6 months postpartum)	Food Package VII: Fully Breastfeeding (up to 1 year post-partum)
Juice, single strength	128 fl oz	144 fl oz	96 fl oz	144 fl oz
Milk ²	16 qt	22 qt	16 qt	24 qt
Breakfast cereal ³	36 oz	36 oz	36 oz	36 oz
Cheese	N/A	N/A	N/A	1 lb
Eggs	1 dozen	1 dozen	1 dozen	2 dozen
Fruits and vegetables	\$8.00 in cash value vouchers	\$11.00 in cash value vouchers	\$11.00 in cash value vouchers	\$11.00 in cash value vouchers
Whole wheat bread ⁴	2 lb	1 lb	N/A	1 lb
Fish (canned) ⁵	N/A	N/A	N/A	30 oz
Legumes, dry or canned	1 lb (64 oz canned)	1 lb (64 ounce canned)	1 lb (64 ounce canned)	1 lb (64 ounce canned)
Peanut butter	18 oz	18 oz	18 oz	18 oz

¹ Refer to the full regulation at [fns.usda.gov/wic](https://www.fns.usda.gov/wic) for the complete provisions and requirements for WIC foods.

² Allowable options for fluid milk substitutions are yogurt, cheese, soy beverage, and tofu.

³ At least one half of the total number of breakfast cereals on State agency food list must be whole grain.

⁴ Allowable options for whole wheat bread are whole grain bread, brown rice, bulgur, oatmeal, whole-grain barley, whole wheat macaroni products, or soft corn or whole wheat tortillas.

⁵ Allowable options for canned fish are light tuna, salmon, sardines, and mackerel.

Source: fns-prod.azureedge.net/sites/default/files/wic/SNAPSHOT-of-WIC-Child-Women-Food-Pkgs.pdf (accessed on May 14, 2020)



SNAPSHOT of the WIC Food Packages¹

Maximum Monthly Allowances (MMA) of Supplemental Foods For Infants²

	Fully Formula Fed (FF)		Partially (Mostly) Breastfed (BF/FF)		Fully Breastfed (BF)	
Foods	Food Packages FF	Food Packages FF	Food Packages BF/FF	Food Packages BF/FF	Food Package BF	Food Package BF
	A: 0-3 months B: 4-5 months	6-11 months	A: 1-3 months B: 1-3 months C: 4-5 months	6-11 months	0-5 months	6-11 months
WIC Formula	A: 823 fl. oz. reconstituted liquid concentrate B: 896 fl. oz. reconstituted liquid concentrate	630 fl. oz. reconstituted liquid concentrate	A: 104 fl. oz. reconstituted powder B: 388 fl. oz. reconstituted liquid concentrate C: 460 fl. oz. reconstituted liquid concentrate	315 fl. oz. reconstituted liquid concentrate		
Infant cereal		24 oz.		24 oz.		24 oz.
Infant food, fruits and vegetables ³		128 oz.		128 oz.		256 oz.
Infant food meat						77.5 oz

¹ Refer to the full regulation at [fns.usda.gov/wic](https://www.fns.usda.gov/wic) for the complete provisions and requirements for infant formula and infant foods in the WIC food packages.

² State agencies must provide at least the full nutrition benefit, as defined in §246.2, to non-breastfed infants.

³ At State agency option, older infants may be issued a cash-value voucher for fresh fruits and vegetables in lieu of a portion of jarred infant foods.

Source: fns-prod.azureedge.net/sites/default/files/wic/SNAPSHOT-of-Infant-Food-Pkgs.pdf (accessed on May 14, 2020)