

# WOMEN, INFANTS, AND CHILDREN (WIC)

WIC provides free healthy food and services to women and children

\*US Citizenship is not required for WIC\*

\*If you have SNAP, Medicaid, or TANF you are still eligible for WIC\*



For Pregnant Women



For mothers of a baby younger than 6 months



For breastfeeding mothers of a baby less than 12 months



For any child up to 5 years of age

How to Apply:	Examples of Documents Needed *full list of documents can be found <a href="#">here</a> *
<p><b>Step 1: Make an appointment.</b> Find your local WIC office <a href="#">here</a>, or call the Growing Up Healthy Hotline at (800) 522-5006 and ask for the nearest location. Staff will tell you if you need to bring the WIC Medical Referral Form or any other special documents/forms.</p>	<ul style="list-style-type: none"> <li>• <b>Identity:</b> License, ID with address, birth certificate, work ID with photo, passport</li> <li>• <b>Address:</b> License, ID with address, letter, envelope, lease, rent receipt (with name, date, and address), utility bill (gas, electric, water)</li> <li>• <b>Income:</b> W2, income tax return, letter from employer, pay stubs, earnings and expenses if self-employed</li> <li>• <b>Resources:</b> bank statements, credit union records, trust fund information</li> </ul>
<p><b>Step 2: Gather documents.</b> Bring your proof of income, identity, and address documents to bring with you (see list to the right).</p>	
<p><b>Step 3: Gather health documents.</b> Bring your proof of pregnancy documents (dated sonogram with mother's name, letter from doctor with expected date of birth), and WIC medical referral form. If your baby requires a special formula, you will need a Medical Documentation form.</p>	
<p><b>Step 4: Go to Appointment.</b> You will meet with a WIC staff member to review your application, and will complete a short health assessment and nutrition survey. Staff will determine what you are eligible for.</p>	

## After your application has been accepted you will receive:

WIC food checks for each household member to use at authorized WIC stores.

A WIC Acceptable Foods booklet, which lists all the foods and their specific package sizes that you can purchase.

A WIC ID Card, which lists the names of everyone in the household on WIC

For more information, visit: [www.wicstrong.com/](http://www.wicstrong.com/)