

WOMEN, INFANTS, AND CHILDREN (WIC)

WIC provides free healthy food and services to women and children

US Citizenship is not required for WIC

You are eligible if you have SNAP, Medicaid, TANF, or meet the income eligibility guidelines



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.
Foster parents/guardians/ single fathers

How to Apply:	Examples of Documents Needed
<p>Step 1: Make an appointment. Find your local WIC office by visiting wicstrong.com/wic-office 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. Then, call your local WIC office to make appointment (no online applications)</p>	<p>One document from of each of the following categories is required</p> <ul style="list-style-type: none"> Identity: License, ID with address, birth certificate, work ID with photo, passport Address: License, ID with address, letter, envelope, lease, rent receipt (with name, date, and address), utility bill (gas, electric, water). You must reside in New York. Income: W2, income tax return, letter from employer, pay stubs, earnings and expenses if self-employed
<p>Step 2: Gather personal documents. Bring your proof of income, identity, and address documents to bring with you (see list on the right).</p>	
<p>Step 3: Gather health documents. Bring your proof of pregnancy documents (dated sonogram with mother's name, letter from doctor with expected date of birth) if pregnant, and a WIC medical referral form. If your baby requires a special formula, you will need a Medical Documentation form (ask doctor).</p>	
<p>Step 4: Go to your appointment. 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. Your child must attend your first appointment.</p>	

After your application has been accepted (certified) you will receive:

WIC food checks (not money) for each household member to use at authorized WIC stores nyswicvendors.com/find-a-wic-store

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.

A breast pumps with a doctor's prescription

WOMEN, INFANTS, AND CHILDREN (WIC)

INCOME ELIGIBILITY GUIDELINES

Gross Income

Household Size	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$23,828	\$1,986	\$993	\$917	\$459
2	32,227	2,686	1,343	1,240	620
3	40,626	3,386	1,693	1,563	782
4	49,025	4,086	2,043	1,886	943
5	57,424	4,786	2,393	2,209	1,105
6	65,823	5,486	2,743	2,532	1,266
7	74,222	6,186	3,093	2,855	1,428
8	82,621	6,886	3,443	3,178	1,589
<i>For each additional member, add:</i>	+\$8,399	+\$700	+\$350	+\$324	+\$162

Income before taxes. Effective through June 30, 2022.

*WIC does not provide money *WIC is a short-term assistance program. An eligible person usually receives benefits from 6 months to a year, at which time they are required to re-apply.

For more information, visit: www.wicstrong.com