



FAMILIES

Grow Healthy with

WIC



What is WIC?

Women, Infants, and Children (WIC) is a supplemental nutrition program for pregnant, breastfeeding, and postpartum women, infants and children up to age 5.

It has demonstrated a positive effect on pregnancy outcomes, child growth, and development.

WIC offers to families at no cost:

- **Monthly benefits to buy healthy foods**
- **Nutrition and health information**
- **Referrals to health care and community resources**
- **Breastfeeding Support**
- **Project FRESH**

Call to learn more and see if you qualify:



Branch County 517-279-9561 X147

Hillsdale County 517-437-7395 X317

St. Joseph County 269-273-2161 X205



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Women, Infants & Children

FREE Food Benefits

For pregnant, breastfeeding, or postpartum women, infants & children up to 5 years old, available for those who qualify by Income and/or Medicaid

Basic foods could include:

- Infant formula, cereal, fruits, and vegetables
- Infant meats, for fully breastfed babies
- Cereal, cheese, eggs, juice, milk
- Dry beans or peas, canned beans, peanut butter
- Tuna for fully breastfeeding mothers
- Fresh fruits and vegetables
- Whole grain bread, tortillas, brown rice or oatmeal



2021-2022 WIC Annual Income Guidelines 185% Federal Poverty Level

WIC Final Policy Memorandum: #2020-4 (Publication of the 2020-2021 WIC Income Eligibility Guidelines) which was published May 26, 2020.

Family Size*	Hourly 2080 Hours	Weekly 52 weeks	Biweekly 26 weeks	Monthly 12 months	Annual
1	\$11.45	\$459	\$917	\$1,986	\$23,828
2	\$15.49	\$620	\$1,240	\$2,686	\$32,227
3	\$19.53	\$782	\$1,563	\$3,386	\$40,626
4	\$23.56	\$943	\$1,886	\$4,086	\$49,025
5	\$27.60	\$1,105	\$2,209	\$4,786	\$57,424
6	\$31.64	\$1,266	\$2,532	\$5,486	\$65,823
7	\$35.68	\$1,428	\$2,855	\$6,186	\$74,222
8	\$39.72	\$1,589	\$3,178	\$6,886	\$82,621
9	\$43.75	\$1,751	\$3,501	\$7,585	\$91,020
10	\$47.79	\$1,912	\$3,824	\$8,285	\$99,419
11	\$51.83	\$2,074	\$4,147	\$8,985	\$107,818
12	\$55.87	\$2,235	\$4,470	\$9,685	\$116,217
13	\$59.91	\$2,397	\$4,793	\$10,385	\$124,616
14	\$63.94	\$2,558	\$5,116	\$11,085	\$133,015
15	\$67.98	\$2,720	\$5,439	\$11,785	\$141,414
16	\$72.02	\$2,882	\$5,763	\$12,485	\$149,813

*Pregnant woman is counted as one + the number of Infants expected when determining income eligibility for the Total Economic Unit



Follow us on facebook at www.facebook.com/BHSJCHA or Instagram www.instagram.com/bhsj_healthagency.



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