FACTS ABOUT THE WIC PROGRAM

WIC is a Special Supplemental Nutrition Program for Women, Infants and Children. It provides nutrition education, nutritious foods, and referrals to eligible pregnant, breastfeeding and post partum women, and infants and children up until the age of five.

WHO IS ELIGIBLE?

In order to qualify for the program an applicant must meet four eligibility criteria.

1. Residential:
The applicant must be a resident of New York State AND

2. Categorical:
The applicant must be a pregnant woman, a breastfeeding woman (up to 12 months post partum and still nursing) or a post partum woman (up to 6 months post partum), an infant (birth – 12 months) or a child under the age of 5. AND

3. Income:
The applicant must have a household income that is at or below 185% of the federal poverty level.

4. Nutritional Risk:
The applicant must have at least one nutritional risk condition. Risk conditions include anemia, poor diet, history of low birth weight, etc.

HOW IS ELIGIBILITY DETERMINED?

Anyone who is interested in receiving WIC benefits should call or write to their local WIC office to set up an eligibility determination appointment. The applicant will be given a specific time to come to the WIC office. They will be asked to bring several items with them. These items include: proof or residency, proof of income, positive identification, medical documentation of a health problem (if one exists, health problems might include such things as diabetes or food allergies) or a medical referral form, blood work information, and the individual for whom benefits are being sought. Once at the WIC office the applicant will have their identification, income and residency verified by WIC administrative personnel and their nutritional risk assessment conducted by a nutritionist. The nutritional risk certification will consist of collecting health and dietary information as well as height, weight and hematological measurements.

---

**WIC Income Eligibility Guidelines May 1, 2015 – June 30, 2016**

<table>
<thead>
<tr>
<th>FAMILY SIZE</th>
<th>Annual</th>
<th>Monthly</th>
<th>Twice Monthly</th>
<th>Bi-Weekly</th>
<th>Weekly</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>21,775</td>
<td>1,815</td>
<td>908</td>
<td>838</td>
<td>419</td>
</tr>
<tr>
<td>2</td>
<td>29,471</td>
<td>2,456</td>
<td>1,228</td>
<td>1,134</td>
<td>567</td>
</tr>
<tr>
<td>3</td>
<td>37,167</td>
<td>3,098</td>
<td>1,54999</td>
<td>1,430</td>
<td>715</td>
</tr>
<tr>
<td>4</td>
<td>44,863</td>
<td>3,739</td>
<td>1,870</td>
<td>1,726</td>
<td>863</td>
</tr>
<tr>
<td>5</td>
<td>52,559</td>
<td>4,380</td>
<td>2,190</td>
<td>2,022</td>
<td>1,011</td>
</tr>
<tr>
<td>6</td>
<td>60,255</td>
<td>5,022</td>
<td>2,511</td>
<td>2,318</td>
<td>1,159</td>
</tr>
<tr>
<td>7</td>
<td>67,951</td>
<td>5,663</td>
<td>2,832</td>
<td>2,614</td>
<td>1,307</td>
</tr>
<tr>
<td>8</td>
<td>75,647</td>
<td>6,304</td>
<td>3,152</td>
<td>2,910</td>
<td>1,455</td>
</tr>
<tr>
<td>FOR EACH ADDITIONAL FAMILY MEMBER ADD:</td>
<td>7,696</td>
<td>642</td>
<td>321</td>
<td>296</td>
<td>148</td>
</tr>
</tbody>
</table>

*Twice Monthly is income received two times a month
  * The 1st and 15th of the month • The 15th and 30th of the month • The 15th and last day of the month
* Bi-Weekly is income received every two weeks
WHAT BENEFITS DOES A PARTICIPANT RECEIVE?

1. **Supplemental Foods:**
   Participants receive vouchers to take to specified stores to redeem for specific foods. The WIC food package contains foods selected from the following: milk, cheese, eggs, juices rich in vitamin C, tofu, whole grain cereals, whole wheat bread and brown rice, canned fish, fruits and vegetables, peanut butter, and dried or canned beans. Infants receive iron fortified formula (if required), baby food jars of fruits, vegetables, meat, and infant cereal.

2. **Nutrition Education:**
   Participants are offered at least two nutrition education sessions during each certification period.

3. **Referrals to other Services:**
   WIC staff is knowledgeable of other services offered in their communities. An overall assessment of an applicant’s need is conducted and appropriate referrals to health and human service programs are made.

TYPES OF WIC APPOINTMENTS

**Certification:**
If the participant comes for a certification visit, they will make the following stops, in the order described. Their first stop is the receptionist. The second stop is the record clerk, where the participant’s category, identity, income and residency are verified. The third stop is the nutritionist office, where their height and weight will be collected. This is also where the health interview and dietary history are conducted.

**Check Pick-Up/Nutrition Education:**
If the participant comes for a check pick-up/high risk counseling visit, they will make the following stops, in the order described. Their first stop is to sign in with the receptionist. Their second stop is the record clerk who will begin to roster them in to the computer. The third stop is the nutritionist’s office for the counseling visit. The nutritionist will issue the WIC checks and schedule a new appointment.

FOR HOW LONG WILL A PARTICIPANT RECEIVE WIC BENEFITS?

Different categories of participants are certified for different periods of time. At the end of a certification period, the individual must repeat the entire eligibility determination process in order to continue to receive benefits.

- **Pregnant Women** are certified until 6 weeks after they have given birth.
- **Breastfeeding Women** are certified until they are 12 months postpartum.
- **Postpartum Non-Nursing Women** are certified until they are 6 months postpartum.
- **Infants** are certified anytime after birth and are mid-certified between 6-9 months and again at 12 months.
- **Children** are certified in 6 month intervals until they are 5 years old.

For more information on WIC, or to apply for WIC Program benefits, please feel free to contact the Yeled v’Yalda WIC Program at (718) 686-3799.