

WIC Provides

- Free food benefits for fruits, vegetables, bread, milk, eggs and other healthy choices
- Pregnancy and breastfeeding support, including access to breast pumps
- Free health screenings and nutrition assessments
- Nutritional tips, recipes and money-saving advice
- Expert advice from registered dietitians, nurses and nutrition staff

2016 Gross Income Eligibility Guidelines

Family Household Size	Annual	Monthly	Bi-Weekly	Weekly
1	\$21,978	\$1,832	\$846	\$423
2	\$29,637	\$2,470	\$1,140	\$570
3	\$37,296	\$3,108	\$1,435	\$718
4	\$44,955	\$3,747	\$1,730	\$865
5	\$52,614	\$4,385	\$2,024	\$1,012
Each Additional Add	+\$7,696	+\$642	+\$296	\$148

