

WIC Wants You To Enjoy the Rewards of Good Nutrition



What is WIC?

WIC is a temporary assistance program for Women, Infants and young Children

What does WIC provide?

Nutrition Education and Supplemental Foods

You May be **ELIGIBLE** if you:

- Ⓢ Are a women who is pregnant, breastfeeding or has recently delivered a baby
- Ⓢ Have a child who is under five years of age
- Ⓢ Live in Kansas
- Ⓢ Meet the income guidelines below:

Family Size	Income*
1	\$21,775
2	\$29,471
3	\$37,167
4	\$44,863

For each additional family member, add \$7,696. Pregnant women may count their unborn child in the family size. *Guidelines effective May 1, 2015

- Ⓢ Are determined by WIC staff to have a medical or nutritional need

WIC Supplemental foods include: juice, cereal, milk, cheese, eggs, peanut butter and dried beans, iron fortified infant formula and cereal, fresh fruit and vegetables, whole grain foods and jar baby food

To see if you qualify, call now for YOUR appointment

Marshall County Health Department
785-562-3485

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