



WIC Helps You Help Your Family



NUTRITION EDUCATION

Learn How to Create Healthy, Affordable Meals
Eating right is the key to the health of your family. We'll show you how to eat better with nutritious tips and recipes.



COUNSELING

Individual Counseling Is There When You Need It.
Children don't come with a "How-To" manual – but you can learn. Meet with qualified nutritionists to get personalized, friendly advice on all of your nutrition questions.



BREASTFEEDING

Get Help Feeding Your Baby
Breastfeeding is the best way to feed your newborn. Get breastfeeding support, education and counseling, plus information on breast pumps.



MEDICAL REFERRALS

Direct you to medical help if needed.
There's a world of services waiting to help you. Get free referrals for immunizations, health care and other programs like Medicaid and CHIP.



PRENATAL NUTRITION

Give Your Baby a Healthy Start
You are what you eat – and so is your baby. Feeding your baby starts long before it's born, so WIC provides prenatal education and food vouchers to help your baby develop into a healthy child.



HEALTH SCREENING

Regular Growth and Weight Checks
Tracking your child's growth will help you understand their health and development.

Indicia
to
come

WIC Gives YOU a Hand so that you can

give your family what they need.



You'll get vouchers for healthy food that's good for you and your child. Foods like milk, cheese, eggs, juice, peanut butter and infant formula. Of course, WIC provides so much more than food vouchers, from medical referrals to prenatal nutrition and breast feeding counseling. WIC is available to pregnant woman, postpartum women, infants and children up to the age of five.

To see if you qualify for WIC, check the income guidelines below. If your family receives less than the amount listed, you may qualify for WIC (pregnant women, add one person to the size of your household).



For more information or to schedule an appointment, call your local WIC office or call 1-888-WV-FAMILY for the office nearest you.

Current Income Guidelines

Size of Household	Weekly Gross Income	Monthly Gross Income	Yearly
1	\$320.00	\$1,385.00	\$16,613.00
2	\$432.00	\$1,869.00	\$22,422.00
3	\$543.00	\$2,353.00	\$28,231.00
4	\$655.00	\$2,837.00	\$34,040.00

For Each Additional Family Member, Add:

+\$112.00 +\$485.00 +\$5,809.00

350 Capitol Street
Room 519
Charleston, WV 25314



This institution is an equal opportunity provider and employer.

Bob Wise, Governor
Paul Nusbaum, Secretary 9/03