

Are you Eligible for WIC?

Women, Infants, and Children Program

Pregnant? Post-partum? Breastfeeding? Have children less than 5 years of age? Meet the income-eligibility guidelines?

48 Contiguous States, D.C., Guam and Territories					
Persons in Family or Household Size	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$20,036	\$1,670	\$835	\$771	\$386
2	26,955	2,247	1,124	1,037	519
3	33,874	2,823	1,412	1,303	652
4	40,793	3,400	1,700	1,569	785
5	47,712	3,976	1,988	1,836	918
6	54,631	4,553	2,277	2,102	1,051
7	61,550	5,130	2,565	2,368	1,184
8	68,469	5,706	2,853	2,634	1,317
Each Add'l Member Add	+\$6,919	+577	+289	+267	+134

In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washinton, DC 20250-9410 or call 800-795-3272 or 202-720-6382. USDAA is an equal opportunity provider and employer.

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New WIC Food Packages Coming in October 2009

Additions to your current WIC food package for better nutrition:

NEW Foods: Fresh Vegetables, Fresh Fruits, Whole Grain Bread, Brown Rice, Whole Grain Tortillas, Baby Food Vegetables, Baby Food Fruit, and Canned Beans.

For Breastfed Infants: Baby Food Meats

For Breastfeeding Women: They can choose salmon in addition to tuna

Changes to your current WIC food package for better nutrition:

Juice: Less Juice for women and children and NO juice for infants

Milk:

- Whole milk only for children ages 1-2 years
- 2%, 1% and skim milk only for children 2-5 years of age, and women
- About one gallon less milk for women and children per month

Cheese: Maximum of one pound per month, per participant

Eggs: One dozen eggs per month

Peanut Butter: 18 ounce jars only. (No 16.3 oz. or 17.3 oz jars)

Formula: Less infant formula during the first year



For more information: visit www.health.state.ga.us/programs/wic
www.phdistrict2.org

