

WIC Facts for Employers

Helping keep families healthy.



What is WIC?

WIC is a nutrition education, health promotion and supplemental nutrition program to assist low-income women, infants and children up to age 5 who have nutritional needs.

What does WIC offer?

WIC provides benefits at no cost including:

- Nutrition education and guidance for women and their children
- Referrals for health care
- Breastfeeding education and support
- Breast pumps
- Checks for nutritious food to buy at local participating grocery stores
- Cash vouchers for fruits and vegetables

Missouri Breastfeeding Friendly Worksite Program

Both employers and employees benefit from a well-implemented breastfeeding employee support program. Well-trained professionals will work with your business at no cost. Contact Kathy Mertzlufft, State Breastfeeding Coordinator, at 573-526-4792.



Why should I make WIC information available in the workplace?

- The WIC program has been proven to keep children and moms healthier. Healthy children means fewer sick days for your employees.

WIC information can be included in your:

- **Company benefits package.** WIC provides benefits at no cost to your company.
- **Employee newsletter.**
- **Customized emails.** Encourage employees to make an appointment at their local WIC clinic to find out about eligibility requirements. Employees may also call TEL-LINK, a confidential information and referral line at 1-800-TEL-LINK.

What are the income guidelines?

All of the family's income is less than or equal to the WIC Income Guidelines. Many working families qualify. A pregnant woman counts as two family members.

Household	Yearly	Monthly	Weekly
1	\$21,590	\$1,800	\$416
2	29,101	2,426	560
3	36,612	3,051	705
4	44,123	3,677	849
5	51,634	4,303	993
6	59,145	4,929	1,138

Missouri Department of Health and Senior Services WIC and Nutrition Services

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