

WIC Facts for Employers

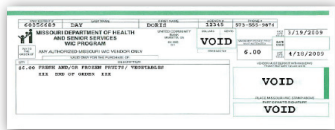
What is WIC?

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, including fruits and vegetables, to buy at local participating grocery stores



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 the State Breastfeeding Coordinator at 800-392-8209.



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 referral line for maternal and child health services. Call 800-TEL-LINK (800-835-5465)

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.

Effective Date:
4/1/2016 to
3/31/2017

Household	Yearly	Monthly	Weekly
1	\$21,978	\$1,832	\$432
2	29,637	2,470	570
3	37,296	3,108	718
4	44,955	3,747	865
5	52,614	4,385	1,012
6	60,273	5,023	1,160

For the most recent income guidelines visit:
health.mo.gov/wic/incomeguidelines

Missouri Department of Health and Senior Services

WIC and Nutrition Services

573-751-6204

health.mo.gov/wic

