



What is WIC?

WIC is a program that offers nutrition education, breastfeeding promotion and support, supplemental food, and health care referrals for eligible women, infants, and children.



How can WIC help my family?

WIC helps feed your family's future by providing nutritious food to help you save on groceries, lowering health care costs, and improving your family's health during critical periods of growth and development.

WIC services and benefits:

- * Breastfeeding counseling and support
- * Personalized nutrition counseling
- * Supplemental, nutritious food
- * Referrals to child care
- * Medical and dental care referrals
- * Health and social service referrals
- * Immunization screenings

Exciting WIC news:

No more checks! Shopping with WIC is now Fast, Simple, and Flexible with the eWIC card!

Fast: Saves time at checkout.

Simple: All household benefits on one card.

Flexible: Buy the food you want, when you need it.



Contact Missouri WIC to learn more!

1-800-TEL-LINK

wic.mo.gov

wicinfo@health.mo.gov

Who is eligible?

- * Pregnant women
- * Women breastfeeding an infant up to the infant's 1st birthday
- * Postpartum women up to 6 months after delivery or end of pregnancy
- * Infants
- * Children up to their 5th birthday

Fathers, grandparents, and guardians may also apply for benefits for the children living in their household.

Foster children meeting age requirements are automatically eligible to receive WIC benefits.

Income guidelines for the WIC program are based on 185% of the poverty level. To compare, SNAP income guidelines are based on 130% of the poverty level. If you are on SNAP and meet an eligibility status listed above, you may qualify for WIC. Find out today!



This institution is an equal opportunity provider.

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