

Are You Income Eligible?

WIC Income Guidelines

Effective Date: June 17th, 2019

Size of Economic Unit*	Hourly	Weekly	Monthly	Yearly
1	\$11.10	\$445	\$1,926	\$23,107
2	\$15.04	\$602	\$2,607	\$31,284
3	\$18.97	\$759	\$3,289	\$39,461
4	\$22.90	\$917	\$3,970	\$47,638
5	\$26.83	\$1,074	\$4,652	\$55,815
6	\$30.76	\$1,231	\$5,333	\$63,992
7	\$34.69	\$1,388	\$6,015	\$72,169
8	\$38.62	\$1,546	\$6,696	\$80,346

For each additional economic unit member:

Add: \$3.93 \$157 \$682 \$8,177

*A pregnant woman is counted as (1), plus the number of infants expected.

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339; or (800)845-6136 (Spanish)



This institution is an equal opportunity provider.

Office Location

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General Hours

Monday through Friday
8:00 a.m. - 5:00 p.m.
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WIC



Women, Infants and Children

Jackson County
Health Department
1715 Lansing Ave.
Jackson, MI 49202
(517) 788-4484
Fax (517) 768-2079

DEDICATED TO

Creating Healthy Communities

What is WIC?

WIC (Women, Infants and Children) is a supplemental food and nutrition program funded by USDA (U.S. Department of Agriculture). WIC helps to prevent malnutrition in low-income pregnant and breastfeeding women, women who have recently had a baby, infants, and children up to 5 years old. WIC provides supplemental food, offers professional nutrition education, promotes and supports breastfeeding, and makes referrals based on health screenings and assessments of need. WIC services are free!

WIC Provides:

Supplemental Food. Nutritious foods such as milk, cheese, eggs, juices rich in Vitamin C, peanut butter, whole grain breads and cereals, and fresh fruits and vegetables are provided to improve the family diet. Exclusively breastfeeding women receive the largest food package. Partially breastfed and non-breastfed infants may receive iron-fortified formula. All WIC infants receive infant cereal and jarred baby food after six months of age.



Nutrition Education. Nutrition education is offered to all WIC participants. Common topics include nutrition during pregnancy, infant, feeding, nutrition during childhood, and breastfeeding. WIC encourages women to breast-feed because of the many health benefits for both baby and mother.



Referrals. An added benefit of the WIC Program is screening for other health problems and referrals to other appropriate health and social services. These referrals may be for Medicaid, Food Stamps, Immunizations, Project Fresh and more.

Who is eligible for WIC?

Those eligible to receive WIC benefits are pregnant and breastfeeding women, women who have recently had a baby, infants from birth to 12 months, and children from 1 to 5 months who are also:

- Residents of the state of Michigan.
- Income eligible (at or below 185% of Federal Poverty Income Guidelines)

Is WIC Effective?

Yes! WIC is a proven effective health care program. Evaluations of WIC show that:

- WIC helps pregnant women see physicians earlier and receive timely prenatal care.
- WIC improves pregnancy outcome by providing or referring to support services necessary for full term pregnancies.
- WIC participation improves the diet of pregnant women and improves the length of pregnancy and infant birth weight.
- WIC participation reduces infant mortality by reducing the incidence of low birth weight infants (under 5½ pounds). Low birth weight infants are at greater risk for breathing problems, brain injuries, and physical abnormalities.
- WIC significantly reduces anemia among preschool children.
- WIC children are better immunized and more likely to have a regular source of health care.

