

# WIC is the Special Supplemental Nutrition Program for Women, Infants and Children.



## WIC offers:

- Personalized nutrition counseling.
- Breastfeeding counseling and support.
- Healthy, supplemental foods.
- Referrals.
  - Medical.
  - Dental.
  - Child care.
- Immunization screenings.



## Who can get benefits?

- Women.
  - Pregnant.
  - Postpartum, up to 6 months.
  - Breastfeeding, up to 1 year.
- Infants.
- Children, up to the age of 5.

## Who can enroll a child?

- Fathers.
- Mothers.
- Guardians.
- Grandparents.

## Adjunct eligibility

Women, infants and children under 5 who are currently active on one of these programs are automatically income-eligible for WIC!

- Foster children.
- SNAP participants.
- TANF participants.
- Medicaid participants.\*

\*Automatic qualification is dependent upon assigned Medicaid eligibility code.

Income guidelines are based on 185% of the poverty level.



MISSOURI DEPARTMENT OF  
**HEALTH &  
SENIOR SERVICES**

## Not your mother's WIC!

- eWIC is an EBT card, not paper checks!
- No longer need to have a separate WIC transaction at the store.
- No longer have to get all monthly benefits during one shopping trip.
- More food options.
  - Brand name cereal.
  - String cheese.
  - Yogurt tubes.
- Online nutrition education.
- Mobile app called the WICShopper app.
  - Track benefits.
  - Appointment reminders.
  - Healthy recipes.
  - Much more!



Complete the online interest form to have a WIC local agency call you!



1-800-TEL-LINK  
1-800-835-5465  
WIC.Mo.Gov  
WICinfo@health.mo.gov  
Facebook @MissouriWIC

An EO/AA employer: Services provided on a nondiscriminatory basis. Individuals who are deaf, hard-of-hearing, or have a speech disability can dial 711 or 1-800-735-2966.

This institution is an equal opportunity provider.