

# Does your food budget need a boost? Good News – WIC has openings for: Pregnant/breastfeeding women and children under 5

Did you know working families and those on unemployment can get WIC? If you get DSHS Medical, TANF or Basic Food you are also eligible for WIC. WIC gives you:

- Monthly checks to buy up to **\$100** worth of healthy foods when two in your family are enrolled. Each person on WIC gets checks to buy up to \$50 worth of healthy foods.
- Tips to help your family eat well and stay healthy.
- Breastfeeding support.

**It's easy to apply. No paperwork, no hassle.  
As soon as you know you're pregnant, go get WIC!**

## Monthly WIC Income Guidelines

- Family of 2\* earning up to \$2,333 per month
- Family of 4\* earning up to \$3,554 per month
- Family of 6\* earning up to \$4,775 per month

\*Include each unborn child in family size.

**WIC is the Nutrition Program for Women, Infants and Children.**  
Getting WIC does not affect your immigration status.



To find a WIC clinic near you call the Family Health Hotline:  
**1.800.322.2588** or visit [www.ParentHelp123.org](http://www.ParentHelp123.org)

This institution is an equal opportunity provider.  
Washington State WIC Nutrition Program does not discriminate.

For persons with disabilities, this document is available on request in other formats.  
To submit a request, please call 1-800-322-2588 (711 TTY relay).

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