

**Make your appointment
today!**

WIC
makes a difference

for infants, children, and women who are
pregnant, breastfeeding, or just had a baby

Call **(434) 972-6200**, option 4

Visit **www.wicva.com**

Evening and daytime hours available

Citas disponibles en español

“For me personally,
it really helps a lot.

It helps to
keep my family healthy.

A friend was shocked that she
qualified for WIC, and was even
more thrilled that [her son] could
still be on it until he turned 5.”

Pauline
Charlottesville WIC participant



WIC is an equal opportunity provider.



What is WIC?

WIC helps women, infants, and children to be healthy by giving them:

- Healthy foods at no cost (milk, eggs, cheese, cereal, fruits, veggies, baby formula, and more)
- Nutrition counseling and education
- Breastfeeding support and breast pumps
- Referrals to other programs

Why should I join?

- Save money on groceries (\$43 to \$182 each month!)
- eWIC card is fast and easy to use at the grocery store
- Kids on WIC grow up healthy, strong, and smart



Who can use WIC?

- Women who are pregnant, breastfeeding, or just had a baby
- Infants and children up to their 5th birthday
- Women, infants, and children qualify if they have Medicaid, SNAP (food stamps), TANF, or free/reduced school lunch
- They also qualify if their income is lower than the following guidelines:

| Family Size (pregnant woman counts as 2) | Yearly Income | Monthly Income | Weekly Income |
|---|---------------|----------------|---------------|
| Family of 2 | \$29,471 | \$2,456 | \$567 |
| Family of 3 | \$37,167 | \$3,098 | \$715 |
| Family of 4 | \$44,863 | \$3,739 | \$863 |
| Family of 5 | \$52,559 | \$4,380 | \$1,011 |

More than 5 people: Please call (434) 972-6200 to see if you qualify.

