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

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).