

Program Name: WIC

Women, Infants and Children Nutrition Program

Agency: Massachusetts Department of Public Health

Description: Federal food program administered by the Massachusetts Department of Public Health (not DTA) for children under 5 years old and their legal parent/guardians (i.e. it's not just their mothers who can apply). WIC provides an EBT card to purchase healthy food, as well as offering nutritional education, breastfeeding classes, and other helpful services for children and families.

Eligibility:

To be eligible, an individual must: be a child under 5, new mom, or breastfeeding woman; have a family/household income at or below 185% of Federal Poverty Level (family of 2 or a pregnant woman=\$30,004; family of 4=\$45,510); and have a nutritional need/risk determined by a health professional. Women who may have had a miscarriage or given child up for adoption are still eligible for WIC during their postpartum period.

Limitations:

- Individuals are automatically eligible if they are receiving TAFDC, SNAP, or MassHealth benefits and have children under 5. Foster children under age 5 are also automatically eligible. WIC is only usable for certain approved nutritious foods, unlike like SNAP benefits. Recipients receive a list of foods and participating retailers at enrollment.
- WIC is a short-term program. Therefore, a participant will "graduate" at the end of one or more certification periods. A certification period is the length of time a WIC participant is eligible to receive benefits. An eligible individual usually receives WIC benefits from 6 months to a year, at which time she/he must reapply.
- Immigrants: There are no immigration limitations for WIC recipients.

Requirements to apply for WIC benefit:

For your appointment, you will need the following information:

- Proof of current household income
Bring proof of income for everyone in your household. Examples include:
 - A pay stub from a recent check (within 30 days)
 - A letter from an employer
 - If you currently receive [MassHealth/Medicaid](#), [Supplemental Nutrition Assistance Program \(SNAP\)](#) or [TAFDC](#), you can bring proof of your participation in one of these programs as proof of household income.
- Proof that you live in Massachusetts
Examples include:
 - Utility bill
 - Postmarked piece of mail addressed to you at your address
 - Lease or a rent receipt from your landlord

- Drivers license or other ID card
- Proof of identity

Bring identity for everyone who will be on the WIC program. Examples include:

- Driver's license
- Birth certificate
- MassHealth card
- Work or school ID

Talk to the WIC clinic if you are having problems bringing any of the above information. All information shared with WIC is confidential.

Amount:

Shopping with WIC saves families an estimated \$100-\$200 dollars per month on groceries depending on the size of the households. For example, the average monthly benefit is \$56 for children, \$79 for breastfeeding women, and \$66 for pregnant women.

WIC participants receive an EBT card to purchase specific foods each month that are designed to supplement their diets with specific nutrients. There is no maximum dollar amount per month, but rather a max “barcode” amount. This means that a family can scan and buy a max amount of certain foods (every item has a barcode) per month.

How to Apply: http://internal_link.com/form/wic