

WIC Can Make A Difference To You!

What is WIC?

WIC is a supplemental and nutritional program for Women, Infants and Children.

WIC helps provides healthy food, nutrition education, counseling, and breastfeeding support.

WIC provides milk, cheese, eggs, cereals, fruit or vegetable juices, dry beans or peas, peanut butter, and formula for infants.



Who is eligible for WIC?

Pregnant women, breastfeeding women, women who have recently had a baby, infants, and children under 5 years old.

You must have a **total household income equal to or below** the following amounts:

HOUSEHOLD SIZE	MONTHLY INCOME (before taxes and deductions are taken out)
1	\$1,832
2	\$2,470
3	\$3,108
4	\$3,747
5	\$4,385
6	\$5,023
7	\$5,663
8	\$6,304

***WIC Income Guidelines effective:
04/01/16 through 03/31/17***

For all pregnant women, each unborn baby counts as an additional household member.

Persons who receive Medicaid or Food Stamps benefits may automatically meet the income requirements for WIC Program.

Must be a Kentucky resident.

How do I apply for WIC?

Contact the Laurel County Health Department at 864-5244 or 864-5187 to set up an appointment. The staff will inform you as to what you need to bring to your appointment.

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