

# WOMEN, INFANTS & CHILDREN PROGRAM (WIC)

## GENERAL INFORMATION

<https://www.fns.usda.gov/wic/women-infants-and-children-wic>

## DEFINITION, THE WOMEN, INFANTS & CHILDREN PROGRAM (WIC)

Eligible women and children can qualify to receive certain foods from food retailers: breakfast cereal, infant cereal, infant food and formula, milk, cheese, tofu, fruits and vegetables, soy-based beverages, peanut butter, canned fish, whole wheat bread, whole grains, juice, eggs, and medical foods

## ELIGIBILITY FOR THE WOMEN, INFANTS & CHILDREN PROGRAM (WIC)

- Woman who is pregnant, breastfeeding, or postpartum  
Breastfeeding mothers are eligible up to 12 months after the child's birth.  
Non-breastfeeding mothers are eligible up to 6 months after their child's birth.
- An infant or child under the age of five (they must be re-certified every 6 months).
- The woman or child must be a resident of New York State.
- The woman or child must be certified by a health professional as having a nutrition/medical risk (this is easy to accomplish – see WCECA information pages for where to apply).
- The family must be financially eligible – families who already receive Food Stamps, Medicaid or Public Assistance are automatically eligible for WIC.
- Families not receiving one of those benefits may be eligible if they earn less than 185% of the Federal Poverty Level, as shown in the chart below.

<b>WIC INCOME ELIGIBILITY: MAXIMUM GROSS INCOME (185% OF FPL) THIS CHART REFLECTS THE 2021 FEDERAL POVERTY LEVEL NUMBERS</b>		
<b>Household size*</b>	<b>Maximum <i>Monthly</i> Income</b>	<b>Maximum <i>Yearly</i> Income</b>
1	\$1,986	\$23,828
2	\$2,686	\$32,227
3	\$3,386	\$40,626

This page was updated in January 2022

4	\$4,085	\$49,025
* A pregnant woman counts as TWO people for WIC.		

## TO APPLY

- **FIRST, VISIT THIS WEBSITE AND PRINT OUT THE FORM.**

<https://www.health.ny.gov/forms/doh-799.pdf>

Take it to your doctor and have her/him fill it out.

- **CALL THE GROWING UP HEALTHY HOTLINE, 800- 522-5006, FOR A LIST OF WIC OFFICES NEAR YOU.**

There are over 100 sites in the city. You will need to call in advance and schedule an appointment to apply for WIC.

Or visit [http://www.health.ny.gov/prevention/nutrition/wic/local\\_agencies.htm](http://www.health.ny.gov/prevention/nutrition/wic/local_agencies.htm)

- **TAKE THE MEDICAL FORM WITH YOU.**
- **VISIT THIS WEBSITE FOR OTHER THINGS TO BRING WITH YOU, ESSENTIALLY, IDENTIFICATION AND INCOME INFORMATION**  
<https://www.health.ny.gov/publications/19044.pdf>