

GIVE YOUR FAMILY A HEALTHY START

RAISING A FAMILY CAN BE CHALLENGING. WEST VIRGINIA WIC IS HERE TO HELP.

WIC offers a variety of services designed to help you and your family live a healthy life.

HOW CAN WIC HELP MY FAMILY?

Services and benefits offered:

- Personalized nutrition counseling
- Breastfeeding support
- Free, healthy food
- Healthcare referrals

WHO IS ELIGIBLE?

- Pregnant women
- Women breastfeeding an infant up to the infant's first birthday
- Postpartum women up to six months after delivery or end of pregnancy
- Infants up to their first birthday
- Children from age one until their fifth birthday

Applicants must also have a medical-based or dietary-based risk or condition and meet income guidelines. Check the income guidelines to see if you qualify for WIC. If your family earns less than the amount listed, you may be eligible. (Note: If you are pregnant, add one person to the size of your household.)



INCOME GUIDELINES FOR THE WEST VIRGINIA WIC PROGRAM - EFFECTIVE DATE JULY 1, 2020

If you are pregnant, add one person to the size of your household.

Household Size	Gross Income Weekly	Gross Income Bi-Weekly	Gross Income Twice-Monthly	Gross Income Monthly	Gross Income Annual
1	\$454	\$908	\$984	\$1,968	\$23,606
2	\$614	\$1,227	\$1,329	\$2,658	\$31,894
3	\$773	\$1,546	\$1,675	\$3,349	\$40,182
4	\$933	\$1,865	\$2,020	\$4,040	\$48,470
5	\$1,092	\$2,183	\$2,365	\$4,730	\$56,758
6	\$1,251	\$2,502	\$2,711	\$5,421	\$65,046
7	\$1,411	\$2,821	\$3,056	\$6,112	\$73,334
8	\$1,570	\$3,140	\$3,401	\$6,802	\$81,622
Each additional family member, add	+\$160	+\$319	+\$346	+\$691	+\$8,288

WIC SHOPPING CAN BE EASY

ebtEDGE

ebtEDGE offers direct access to your eWIC card information so you can change your pin, view purchases and see future benefits. Visit ebtEDGE.com.



WICSHOPPER™ MOBILE APP

See your benefit balance on your phone and scan items to see if they are WIC allowed. To learn more and download the WICShopper app, visit your app store or EBTShopper.com.

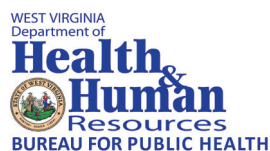
WHAT HAPPENS AT A CLINIC VISIT?

You need to bring the following information to the WIC appointment:

- Identification for each applicant who will receive benefits and the parent/guardian: driver's license/state photo ID; marriage certificate; school ID; employment ID; state-issued official birth certificate; crib card from hospital; baby's hospital ID bracelet; foster care or custody documentation.
- Proof of residence: driver's license; utility bill; rent receipt.
- Proof of household income: paystubs; Medicaid card; WV CHIP Gold card; SNAP or WV WORKS eligibility letter.
- Remember to bring the items of proof or a picture of these items on your phone.
- Be sure to bring anyone who will be applying for WIC benefits (woman, infant, or child/children under 5).

This information is reviewed along with the participant's health history. A health screening is performed on each participant. From there, information is entered on growth charts, and evaluated individually to determine WIC eligibility. Participants are then counseled by a health professional. Eating habits are discussed and food histories are evaluated. At that time, participants are informed of their eligibility and WIC program responsibilities.

You should expect to spend about an hour for each appointment. Some clinics offer evening hours for your convenience.



CONTACT US

Call 1-844-601-0365 or 304-558-0030

Text localwic + zip code to 67076

Email dhhrwic@wv.gov

Visit dhhr.wv.gov/wic



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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.