

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.)



WIC SHOPPING IS NOW EASIER

eWIC CARD

Participants can now purchase approved items using an electronic card to swipe at checkout.

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.

CONTACT US

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

Text localwic + zip code to 67076

Email dhrwic@wv.gov

Visit dhr.wv.gov/wic



INCOME GUIDELINES FOR THE WEST VIRGINIA WIC PROGRAM EFFECTIVE DATE APRIL 9, 2018

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	\$432	\$864	\$936	\$1,872	\$22,459
2	\$586	\$1,172	\$1,269	\$2,538	\$30,451
3	\$740	\$1,479	\$1,602	\$3,204	\$38,443
4	\$893	\$1,786	\$1,935	\$3,870	\$46,435
5	\$1,047	\$2,094	\$2,268	\$4,536	\$54,427
6	\$1,201	\$2,401	\$2,601	\$5,202	\$62,419
7	\$1,355	\$2,709	\$2,934	\$5,868	\$70,411
8	\$1,508	\$3,016	\$3,267	\$6,534	\$78,403
Each additional family member, add	+\$154	+\$308	+\$333	+\$666	+\$7,992