

## WIC SHOPPING, SIMPLIFIED

There are more than 250 West Virginia WIC-approved grocery stores. We're constantly making improvements to the WIC customer shopping experience.

### eWIC CARD

Purchase approved WIC food with the same flexibility as a regular debit card.

### 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](http://ebtEDGE.com)

### WICSHOPPER™ MOBILE APP

Eliminate confusion about which products are WIC approved in three easy steps:

- 1 Download**  
WICShopper from your app store or visit [EBTShopper.com](http://EBTShopper.com)
- 2 Select**  
Launch WICShopper and select West Virginia
- 3 Shop (with certainty!)**  
Scan or take a picture of the UPC bar code on the back of items and we'll tell you if they are WIC eligible for you and your family



Visit [EBTShopper.com](http://EBTShopper.com) to learn more and download the app.

## CONTACT US

Office of Nutrition Services  
West Virginia WIC Program

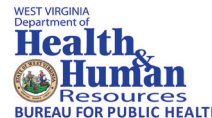
Call 1-844-601-0365 or 304-558-0030

Text localwic + zip code to 67076

Email [dhhrwic@wv.gov](mailto:dhhrwic@wv.gov)

Visit [dhhr.wv.gov/wic](http://dhhr.wv.gov/wic)

Participant Portal [wwichousehold.wvdhhr.org](http://wwichousehold.wvdhhr.org)



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(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](mailto:program.intake@usda.gov).

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OR-1 (07/2020)



# GIVE YOUR FAMILY A HEALTHY START



## WHAT IS WIC?

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) has been improving pregnancies and preparing kids to learn for 40 years. The program provides nutrition counseling, parenting advice, breastfeeding support, food assistance, and referrals to help you and your family live a healthy life.

WIC is a short-term program designed to improve lifetime nutrition and health for everyone in your family. WIC provides services to married and single parents (working or not working), and fathers, mothers, grandparents, foster parents, or legal guardians residing with a child under the age of five.

## HOW CAN WIC HELP MY FAMILY?

WIC provides nutrition, breastfeeding support, health education and other services, free of charge, to pregnant women, mothers, infants and children up to the age of five. WIC teaches moms what to eat while pregnant or breastfeeding and what to feed their growing children.

We know budgets are tight. WIC provides you with healthy foods to help you save on groceries so you have more to spend on other things your family needs. With all the services we offer, WIC can improve the health of your entire family.



## SERVICES AND BENEFITS

- Personalized nutrition counseling
- Breastfeeding counseling and support
- Healthy food
- Referrals to childcare and health insurance programs
- Medical and dental care referrals
- Health and social service resources
- Immunization screenings
- Tips on healthy eating



## FOOD PROVIDED THROUGH WIC

- Milk
- Cereal
- Cheese
- Peanut butter
- Eggs
- Juice
- Dried or canned beans
- Infant formula & medical foods
- Fruits and vegetables
- Whole grains
- Baby foods
- Yogurt



## WHO'S ELIGIBLE?

To be eligible, applicants must meet the following guidelines:

### QUALIFIED APPLICANTS

- 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

### INCOME

- Household income no more than 185% of the federal poverty income guidelines
- Families that qualify for the following programs automatically qualify based on income:
  - Medicaid
  - WV WORKS
  - SNAP

### NUTRITION RISK

- Medical-based or dietary-based risk or condition
- Nutrition assessment will be completed at the WIC clinic

### 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