

YOUR FREE GUIDE TO

WIC

Special Supplemental Nutrition Program
for Women, Infants and Children



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While we are not affiliated with the government in any way, our team of writers have researched the U.S. Special Supplemental Nutrition Program for Women, Infants and Children (WIC) to create this guide to assist consumers.

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COVID-19 and WIC

Due to the COVID-19 pandemic, the United States Department of Agriculture's (USDA) Food and Nutrition Service (FNS) is providing additional funding to support the increased participation in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).

The USDA is granting states, territories and tribes the ability to implement more flexible program measures for WIC applicants and current WIC participants. Local WIC agencies can choose to approve these measures but are not required to do so. For a list of all available waivers, refer to the section titled "WIC Extensions and Waivers" on [page 74](#) of this guide.

To further prevent the spread of COVID-19, many WIC agencies across the country are temporarily closed to the public or available by appointment only. Contact an office before visiting in person to inquire about its hours of operation. See [page 62](#) of this guide for a list of WIC agencies in each state, U.S. territory and tribal nation.



What is the Special Supplemental Nutrition Program for **Women, Infants and Children (WIC)**?

The **Special Supplemental Nutrition Program for Women, Infants and Children (WIC)** is a federal assistance program that provides food, nutrition and health care services to eligible children and pregnant, postpartum and breastfeeding women. It is overseen by the United States Department of Agriculture's (USDA) Food and Nutrition Service (FNS). WIC is available in all 50 states, U.S. territories and several tribal nations throughout the country.

Basic WIC **Eligibility**

All WIC participants must meet the general eligibility guidelines in order to receive any food, nutrition or health care services. WIC is available to:

- Pregnant women
- Breastfeeding mothers
- Postpartum women
- Children and infants 5 years of age or younger

There are a few national eligibility standards that all agencies use to determine who qualifies for WIC. These are:

- Income
- Age or stage of pregnancy
- Residency
- Nutritional risk

Note: U.S. citizenship is not required to receive WIC benefits. Applicants are not required to disclose citizenship, immigration or naturalization information.

Learn more about eligibility requirements on [page 22](#) of this guide.

Federal WIC Contact Information

WIC is operated in each state and territory by local WIC agencies, but it is administered at the federal level by the USDA's Food and Nutrition Service.

For general WIC program information, you can reach the FNS main office by phone at **703-305-2286**. Or, call the USDA Information Hotline at 202-720-2791.

You can also contact the FNS by mail at:

Food & Nutrition Service
Braddock Metro Center II
1320 Braddock Place
Alexandria, VA 22314

WIC vs. Food Stamps

WIC is similar to the Supplemental Nutrition Assistance Program (SNAP), also referred to as Food Stamps. Both programs provide nutrition assistance to eligible individuals in the U.S. However, the two programs differ in their eligibility requirements, application processes and program goals.

The goal of SNAP is to provide healthy foods to benefit recipients and to help them achieve self-sufficiency. SNAP recipients can use their benefits to purchase a variety of USDA-approved food for groceries. To enroll in SNAP, qualifying individuals must submit an application and complete an interview to confirm eligibility. SNAP is available to eligible families and individuals of all ages.

WIC, however, is only available to pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk. The goal of WIC is to provide qualifying women and their children supplemental food, health care referrals, and nutrition education.

Unlike SNAP applicants, WIC applicants must undergo a health evaluation as part of the application process. The benefits provided through WIC are tailored to the recipient after undergoing a health assessment.

The income guidelines for SNAP and WIC are similar from location to location, because many states, territories and tribes manage both SNAP and WIC programs through a single department.

For information on SNAP eligibility requirements, application processes and how to get in contact with a local office in your state, visit the SNAP State Directory of Resources on the USDA website here: <https://www.fns.usda.gov/snap/state-directory>.

WIC Contact Information by State, Territory and Tribe

The table below includes contact information for each state, territory and tribe that has a WIC program. The tribes listed in this table are the only federally recognized tribes that participate in the WIC program.

Note: One asterisk (*) denotes the location does not have an official WIC page or office locator; the link provided is a contact page provided by the National WIC Association.

Location	Administrative Office	Phone Number	WIC Agency Address	Local WIC Offices
Acoma, Canoncito & Laguna Tribes	ACL WIC Program	1-800-721-5998	P.O. Box 310 New Laguna, NM 87038 United States	https://aclwic.org
Alabama	Alabama Department of Public Health	1-888-942-4673	201 Monroe St. Montgomery, AL 36093 United States	https://www.alabamapublichealth.gov/wic/
Alaska	Alaska Department of Health and Social Services	907-465-8636	130 Seward St. Suite 508 Juneau, AK 99811 United States	http://dhss.alaska.gov/dpa/Pages/nutri/wic/participants/regional-clinics.aspx
American Samoa	Department of Human and Social Services	684-633-2617	P.O. Box 997534 Pago Pago, AS 96799 United States	https://aswic.com/clinicsoffices/
Arizona	Department of Health Services	1-800-252-5942	150 N. 18th Ave. Suite 310 Phoenix, AZ 85007 United States	http://clinicsearch.azbnp.gov

Location	Administrative Office	Phone Number	WIC Agency Address	Local WIC Offices
Arkansas	Department of Health	501-661-2598	Freeway Medical Building 5800 W. 10th St., Suite 300 Little Rock, AR 72204-1703 United States	http://adh-staging.ark.org/local-health-units
California	Department of Public Health	1-888-942-9675	3901 Lennane Drive Sacramento, CA 95834 United States	https://m.wic.ca.gov/Clinics/ClinicSearch.aspx
Cherokee Nation	Cherokee Nation	1-800-256-0671 ext. 5589	P.O. Box 948 Tahlequah, OK 74465-0948 United States	https://health.cherokee.org/media/ox2hvfvu/wic-clinic-map.pdf
*Cheyenne River Sioux	Cheyenne River Sioux	605-964-3947	P.O. Box 590 Eagle Butte, SD 57625-0590 United States	https://www.nwica.org/states/cheyenne-river-sioux-tribe
Chickasaw Nation	Chickasaw Nation	1-855-559-0985	P.O. Box 1548 Ada, OK 74820 United States	https://www.chickasaw.net/services/wic-supplemental-nutrition-program.aspx
Choctaw Nation of Oklahoma	Choctaw Nation of Oklahoma	1-800-522-6170	1803 Chukka Hina Durant, OK 74701 United States	https://www.choctawnation.com/tribal-services/member-services/choctaw-nation-wic-program
Citizen Potawatomi Nation	Citizen Potawatomi Nation	1-800-880-9880	1601 S. Gordon Cooper Drive Shawnee, OK 74801 United States	https://www.potawatomi.org/services/health/wic/

Location	Administrative Office	Phone Number	WIC Agency Address	Local WIC Offices
Colorado	Department of Health and Environment	303-692-2400	4300 Cherry Creek Drive S Denver, CO 80246-1530 United States	https://www.cdphe-wic.byf1.io/find-wic-clinic
Commonwealth Northern Mariana Islands (CNMI)	Commonwealth Healthcare Corp.	670-664-4067	P.O. Box 500409 Saipan, 96950 United States	http://www.cnmicclp.gov.mp/woman-infants-and-children-program-wic/
Connecticut	Department of Public Health	860-509-8084	410 Capitol Ave. P.O. Box 340308 Hartford, CT 06134-0308 United States	https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/WIC-2018/Local-WIC-Agencies-52020.pdf
Delaware	Department of Health and Social Services	302-741-2900	Blue Hen Corporate Center 655 Bay Road, Suite 1C Dover, DE 19901 United States	https://www.dhss.delaware.gov/dhss/dph/chca/files/wiccliniclocationsandhours.pdf
District of Columbia	DC Department of Health	202-442-9140	899 N. Capitol St. NE Third Floor, Suite 3111 Washington, DC 20002 United States	https://doh.dc.gov/sites/default/files/dc/sites/doh/WIC%20Clinic%20list.pdf
Eastern Band of Cherokee	Eastern Band of Cherokee	1-800-248-6967	P.O. Box 1145 Cherokee, NC 28719 United States	http://cherokee-phhs.com/wic/
*Eastern Shoshone	Eastern Shoshone WIC Program	307-332-6733	P.O. Box 999 Fort Washakie, WY 82514 United States	https://www.nwica.org/states/eastern-shoshone

Location	Administrative Office	Phone Number	WIC Agency Address	Local WIC Offices
*Eight Northern Indian Pueblos Council	Eight Northern Indian Pueblos Council	505-692-6400	1100 Paseo De Onate Suite B Española, NM 87532 United States	https://www.nwica.org/states/eight-northern-pueblo
Five Sandoval Indian Pueblos	Five Sandoval Indian Pueblos, Inc.	505-771-5386	1043 Highway 313 Bernalillo, NM 87004 United States	https://www.fsipinc.org/wic-locations
Florida	Department of Health	850-245-4202	4052 Bald Cypress Way, Bin A16 Tallahassee, FL 32399-1726 United States	http://www.floridahealth.gov/programs-and-services/wic/contact-info.html
Georgia	Department of Public Health	404-657-2900	2 Peachtree St. NW Atlanta, GA 30303 United States	https://sendss.state.ga.us/sendss/wicclinic.SCREEN
Guam	Department of Public Health & Social Services	671-735-7180	15-6100 Mariner Ave. Barrigada, GU 96913-1601 United States	http://dphss.guam.gov/woman-infants-infants-wic-program/
Hawaii	Department of Health	808-586-8175	235 S. Beretania St. Suite 701 Honolulu, HI 96813-2149 United States	https://health.hawaii.gov/wic/clinic-locations/
Idaho	Department of Health and Welfare	208-334-5948	450 W. State St. First Floor Boise, ID 83720 United States	https://healthandwelfare.idaho.gov/Portals/0/FoodCashAssistance/WomenInfantsandChildren/AO_FindaClinic.pdf
Illinois	Department of Human Services	217-782-2166	815-823 E. Monroe Springfield, IL 62701 United States	https://www.dhs.state.il.us/page.aspx?module=12&office-type=11&county=

Location	Administrative Office	Phone Number	WIC Agency Address	Local WIC Offices
Indiana	State Department of Health	317-234-3513	2 N. Meridian St. Fifth Floor Indianapolis, IN 46204 United States	https://www.in.gov/isdh/20424.htm
Iowa	Department of Public Health	515-281-7095	Lucas State Office Building 321 E. 12th St. Des Moines, IA 50319-0075 United States	http://iowa.maps.arcgis.com/apps/webappviewer/index.html?id=9fcdcdfdeaf-4480fb925786d260fb-2fe&shareWithWebMap=true
*Indian Township Passamaquoddy	Indian Township Passamaquoddy	207-796-2322	P.O. Box 97 Princeton, ME 04668 United States	https://www.nwica.org/states/passamaquoddy
Inter-Tribal Council of Arizona	Inter-Tribal Council of Arizona, Inc.	602-258-4822	2214 N. Central Ave. Suite 100 Phoenix, AZ 85004 United States	https://itcaonline.com/programs/wic-program/find-a-wic-clinic/
*Inter-Tribal Council of Nevada	Inter-Tribal Council of Nevada	775-355-5210	680 Greenbrae Drive Suite 222 Sparks, NV 89431 United States	https://www.nwica.org/states/itc-nevada
*Inter-Tribal Council of Oklahoma	Inter-Tribal Council of OK, Inc.	918-919-4050	P.O. Box 1308 Miami, OK 74355 United States	https://www.nwica.org/states/itc-oklahoma
Kansas	Department of Health and Environment	785-296-1320	1000 SW Jackson St. Suite 220 Topeka, KS 66612-1274 United States	http://www.kansaswic.org/families/WIC_county_map.html
Kentucky	Department of Public Health	502-564-3827	275 E. Main St HS2W-D Frankfort, KY 40621 United States	https://chfs.ky.gov/agencies/dph/dmch/nsb/Pages/wic.aspx

Location	Administrative Office	Phone Number	WIC Agency Address	Local WIC Offices
Louisiana	Department of Health	504-568-8229	1450 Poydras Street New Orleans, LA 70112 United States	https://louisianawic.org/find/
Maine	Department of Health and Human Services	207-287-5342	11 State House Station 286 Water Street - Sixth Floor Augusta, ME 04333-0011 United States	https://www.maine.gov/dhhs/mecdc/population-health/wic/applicants/where-do-i-apply.shtml
Maryland	Department of Health	410-767-5242	201 W. Preston St. Baltimore, MD 21201 United States	https://phpa.health.maryland.gov/wic/Pages/wic-apply.aspx
Massachusetts	Department of Public Health	617-624-6100	250 Washington Street Sixth Floor Boston, MA 02108-4619 United States	https://www.mass.gov/orgs/women-infants-children-nutrition-program/locations?_page=1
Michigan	Department of Health and Human Services	517-335-8951	Lewis Cass Building 320 S. Walnut St., Sixth Floor Lansing, MI 48933-2014 United States	https://www.michigan.gov/documents/mdhhs/WIC_Clinic_Locations_684528_7.pdf
Minnesota	Department of Health	1-800-657-3942	85 E. Seventh Place Suite 220 St. Paul, MN 55164-0882 United States	https://www.health.state.mn.us/forms/cfh/wicdirectory/index.html
Mississippi	State Department of Health	601-991-6000	805 S. Wheatley St. Suite 400B Ridgeland, MS 39157 United States	https://msdh.ms.gov/msdhsite/_static/19,0,166.html

Location	Administrative Office	Phone Number	WIC Agency Address	Local WIC Offices
Mississippi Band of Choctaw	Mississippi Band of Choctaw Indians	601-389-4510	210 Hospital Circle Choctaw, MS 39350 United States	https://www.choctaw.org/government/tribalServices/health/wic/index.html
Missouri	Department of Health and Senior Services	573-751-6204	930 Wildwood, Box 570 Jefferson City, MO 65102-0570 United States	https://mogov.maps.arcgis.com/apps/webappviewer/index.html?id=d05c-2084408644c0b-103ca0ad520aff1
Montana	Department of Public Health and Human Services	800-433-4298	1400 Broadway Cogswell Building C-305 P.O. Box 202951 Helena, MT 59620-2951 United States	http://signupwic.com
Muscogee Creek Nation	Muscogee Creek Nation	918-549-2790	P.O. Box 580 Okmulgee, OK 74447 United States	https://www.mcn-nsn.gov/services/wic/
*Navajo Nation	Navajo Nation WIC Program	928-871-6698	P.O. Drawer 1390 Window Rock, AZ 86515 United States	https://www.nwica.org/states/navajo-nation
Nebraska	Department of Health and Human Services	402-471-2781	Lifespan Health Services, WIC/ CSFP P.O. Box 95026 301 Centennial Mall South Lincoln, NE 68509-5026 United States	http://dhhs.ne.gov/Pages/WIC.aspx
Nevada	Department of Health and Human Services	775-684-5942	4126 Technology Way Suite 102 Carson City, NV 89706 United States	http://nevadawic.org/for-families/closest-clinic/

Location	Administrative Office	Phone Number	WIC Agency Address	Local WIC Offices
Mississippi Band of Choctaw	Mississippi Band of Choctaw Indians	601-389-4510	210 Hospital Circle Choctaw, MS 39350 United States	https://www.choctaw.org/government/tribalServices/health/wic/index.html
Missouri	Department of Health and Senior Services	573-751-6204	930 Wildwood, Box 570 Jefferson City, MO 65102-0570 United States	https://mogov.maps.arcgis.com/apps/webappviewer/index.html?id=d05c-2084408644c0b-103ca0ad520aff1
Montana	Department of Public Health and Human Services	800-433-4298	1400 Broadway Cogswell Building C-305 P.O. Box 202951 Helena, MT 59620-2951 United States	http://signupwic.com
Muscogee Creek Nation	Muscogee Creek Nation	918-549-2790	P.O. Box 580 Okmulgee, OK 74447 United States	https://www.mcn-nsn.gov/services/wic/
*Navajo Nation	Navajo Nation WIC Program	928-871-6698	P.O. Drawer 1390 Window Rock, AZ 86515 United States	https://www.nwica.org/states/navajo-nation
Nebraska	Department of Health and Human Services	402-471-2781	Lifespan Health Services, WIC/ CSFP P.O. Box 95026 301 Centennial Mall South Lincoln, NE 68509-5026 United States	http://dhhs.ne.gov/Pages/WIC.aspx
Nevada	Department of Health and Human Services	775-684-5942	4126 Technology Way Suite 102 Carson City, NV 89706 United States	http://nevadawic.org/for-families/closest-clinic/

Location	Administrative Office	Phone Number	WIC Agency Address	Local WIC Offices
New Hampshire	Department of Health and Human Services	603-271-4546	29 Hazen Drive Concord, NH 03301-6504 United States	https://www.dhhs.nh.gov/dphs/nhp/wic/offices.htm
New Jersey	Department of Health	1-800-328-3838	P.O. Box 364 Trenton, NJ 08625 United States	http://state.nj.us/health/fhs/wic/documents/Detailed%20list%20of%20WIC%20office%20addresses%20hours%20and%20contact%20info.pdf
New Mexico	Department of Health	505-476-8801	2040 S. Pacheco St. Santa Fe, NM United States	https://www.nmwic.org/locations/
New York	Department of Health	518-402-7093	150 Broadway, Floor 6W Albany, NY 12204-2719 United States	https://www.health.ny.gov/prevention/nutrition/wic/local_agencies.htm
North Carolina	Department of Health and Human Services	919-707-5800	5601 Six Forks Road Raleigh, NC 27609 United States	https://www.nutritionnc.com/wic/directory.htm
North Dakota	Department of Health	1-800-472-2286	600 E. Boulevard Ave. Department 301 Bismarck, ND 58505-0200 United States	https://www.health.nd.gov/prevention/wic/how-do-i-apply-wic
*Northern Arapaho	Northern Arapaho Tribal WIC Program	307-857-2722	P.O. Box 136 St. Stephens, WY 82524 United States	https://www.nwica.org/states/northern-arapaho

Location	Administrative Office	Phone Number	WIC Agency Address	Local WIC Offices
Ohio	Department of Health	614-728-6431	246 N. High St. Sixth Floor Columbus, OH 43215-2406 United States	https://odh.ohio.gov/wps/wcm/connect/gov/59b49d9d-d0cb-470b-8e3b-61213d5b3f02/Ohio+WIC+Clinic+Locations+CURRENT.pdf?MOD=AJPERES&CONVERT_TO=url&CACHEID=ROOT-WORKSPACE.Z18_M1HGGIK0N0JO-00QO9DDDDM3000-59b49d9d-d0cb-470b-8e3b-61213d5b3f02-mZoq0V7
Oklahoma	State Department of Health	405-271-4676	2401 NW 23rd St. Suite 70 Oklahoma City, OK 73107-2475 United States	https://www.ok.gov/health2/documents/WIC%20Clinic%20Sites%205-8-20.pdf
*Omaha Nation	Omaha Nation WIC Program	402-837-4527	P.O. Box 368 Macy, NE 68039 United States	https://www.nwica.org/states/omaha-nation
Oregon	Oregon Health Authority	971-673-0040	800 NE Oregon St. Suite 865 Portland, OR 97232 United States	https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Pages/countyinfo.aspx
Osage Nation	Osage Nation	918-287-5368	1301 Grandview Pawhuska, OK 74056 United States	https://www.osagenation-nsn.gov/what-we-do/women-infants-children-program
Otoe-Missouria Tribe	Otoe-Missouria Tribe	580-723-4466 ext. 163	8151 Highway 177 Red Rock, OK 74651 United States	https://www.omtribe.org/what-we-do-women-infants-and-children-locations

Location	Administrative Office	Phone Number	WIC Agency Address	Local WIC Offices
Pennsylvania	Department of Health	1-800-942-9467	625 Forster St. W Seventh Floor Harrisburg, PA 17120-0701 United States	https://www.pawic.com/FindWICClinics.aspx
Pleasant Point Passamaquoddy Reservation	Pleasant Point Passamaquoddy	207-853-0644	P.O. Box 351 Perry, ME 04667 United States	http://www.wabanaki.com/wabanaki_new/W_I_C.html
Pueblo of Isleta	Pueblo of Isleta	505-869-9811	4 Sagebrush Albuquerque, NM 87105 United States	https://www.isletapueblo.com/tribal-programs/wic-woman-infants-children/
*Pueblo of San Felipe	Pueblo of San Felipe	505-771-7200 ext. 154	131 Hagen Road P.O. Box 4339 San Felipe, NM 87001 United States	https://www.nwica.org/states/pueblo-san-felipe
*Pueblo of Zuni	Pueblo of Zuni	505-782-2929	P.O. Box 339 Zuni, NM 87327-0339 United States	https://www.nwica.org/states/pueblo-zuni
Puerto Rico	Department of Health	787-766-2805 ext. 5071	P.O. Box 25220 San Juan, PR 00928-5220 United States	http://www.salud.gov.pr/Dept-de-Salud/Pages/Unidades-Operacionales/Secretaria-Auxiliar-de-Salud-Familiar-y-Servicios-Integrados/Programa-WIC.aspx
Rhode Island	Department of Health	401-222-1442	3 Capitol Hill Room 302 Providence, RI 02908-5097 United States	https://health.ri.gov/find/wicagencies/

Location	Administrative Office	Phone Number	WIC Agency Address	Local WIC Offices
Rosebud Sioux	Rosebud Sioux Tribe	605-747-2617	308 Buffalo Lane Drive P.O. Box 99 Rosebud, SD 57570-0099 United States	https://www.rstwic.org
Santee Sioux Nation	*Santee Sioux Nation WIC Program	402-857-2694	Rural Route 2, Box 5194 Niobrara, NE 68760 United States	https://www.nwica.org/states/santee-sioux
Santo Domingo	Santo Domingo Tribe	505-465-1321	P.O. Box 370 Santo Domingo Pueblo, NM 87052 United States	http://santodomingotribe.org/women-infants-and-children/
South Carolina	Department of Health and Environmental Control	1-800-922-4406	2600 Bull St. Columbia, SC 29201 United States	https://www.scdhec.gov/health/health-public-health-clinics
South Dakota	Department of Health	605-773-3361	600 E. Capitol Ave. Pierre, SD 57501-2536 United States	https://sdwic.org/locations/
*Standing Rock Sioux Tribe	Standing Rock Sioux Tribe	701-854-7263	P.O. Box 437 Fort Yates, ND 58538-0437 United States	https://www.nwica.org/states/standing-rock-tribe
Tennessee	Department of Health	615-741-7218	Andrew Johnson Tower 710 James Robertson Parkway, 8th Floor Nashville, TN 37243 United States	https://www.tn.gov/health/health-program-areas/fhw/wic/redirect-wic/wic-clinics.html
Texas	Health and Human Services	512-341-4400	P.O. Box 149347 Austin, TX 78714-9347 United States	https://find.texaswic.org/?wicType=Clinic

Location	Administrative Office	Phone Number	WIC Agency Address	Local WIC Offices
Three Affiliated Tribes	Three Affiliated Tribes	701-627-4642	Fort Berthold Reservation 404 Frontage Road New Town, ND 58763 United States	https://www.mhanation.com/wic-program
U.S. Virgin Islands	Virgin Islands WIC Program	340-718-1311 ext. 3148	Charles Harwood Complex Christiansted, VI 00820 United States	https://doh.vi.gov/programs/women-infants-and-children
Utah	State Department of Health	1-877-942-5437	P.O. Box 141013 Salt Lake City, UT 84114-1013 United States	https://wic.utah.gov/locations/
*Ute Mountain Ute Tribe	Ute Mountain Ute Tribe	970-564-5363	Community Health Building P.O. Box 168 Towaoc, CO 81334 United States	https://www.nwica.org/states/ute-tribe
Vermont	Department of Health	802-863-7333	108 Cherry St. P.O. Box 70 Burlington, VT 05402-0070 United States	https://www.healthvermont.gov/local
Virginia	Department of Health	804-864-7800	109 Governor St., Ninth Floor P.O. Box 2448 Richmond, VA 23218-2448 United States	https://www.vdh.virginia.gov/lenowisco/women-infants-and-children-wic-program/
Washington	State Department of Health	1-800-841-1410	P.O. Box 47886 Olympia, WA 98504-7886 United States	https://resources.parenthelp123.org

Location	Administrative Office	Phone Number	WIC Agency Address	Local WIC Offices
West Virginia	Department of Health and Human Resources	304-558-0030	350 Capitol St. Room 519 Charleston, WV 25301-3717 United States	https://dhhr.wv.gov/WIC/Pages/Clinic-Search.aspx
WCD Tribes	WCD Tribes	405-247-2533 ext. 306	P.O. Box 247 300 Lenape Lane Anadarko, OK 73005 United States	https://www.wcdwic.org/find-a-clinic/
Winnebago	Winnebago Tribe WIC Program	402-878-2499	P.O. Box 687 Winnebago, NE 68071 United States	http://www.winnebago-tribe.com/index.php/services/administrative-programs/wic-woman-infant-child
Wisconsin	Department of Health Services	608-266-3821	P.O. Box 2659 Madison, WI 53701-2659 United States	https://www.dhs.wisconsin.gov/wic/wic-offices.htm#alpha
Wyoming	Department of Health	307-777-6026	6101 Yellowstone Road Suite 420 Cheyenne, WY 82002 United States	https://health.wyo.gov/publichealth/wic/wic-clinic-locator/



WIC Program Eligibility Requirements

To receive WIC benefits, you must meet all program criteria. Most requirements are instilled at the national level, which means all states, territories and tribes adhere to them when determining program eligibility. However, some vary slightly between state programs.

Read the sections below to learn more about specific eligibility requirements and those that vary from location to location.

WIC Income Requirement

To qualify for WIC, your income must fall within specific limits. The program is meant to assist low-income individuals, so your state, territory or tribe will consider your annual income to determine if you are considered a low-income participant.

WIC income limits are determined based on:

- The number of family members in the household
- The cost of living in your state, territory or tribe

Your income before taxes must be at or below 185 percent of the U.S. Poverty Income Guidelines.

Income Eligibility for the 48 Contiguous U.S. States, American Samoa, the Commonwealth of Northern Mariana Islands, Guam, Puerto Rico and the U.S. Virgin Islands

The table below lists the **current maximum income amounts based on the size of the household for the 48 contiguous states, American Samoa, the Commonwealth of Northern Mariana Islands (CNMI), Guam, Puerto Rico and the U.S. Virgin Islands**. These income guidelines are valid through June 30, 2021.

Region	Yearly Income	Monthly Income	Weekly Income
Family of 1	\$23,606	\$1,968	\$454
Family of 2	\$31,894	\$2,658	\$614
Family of 3	\$40,182	\$3,349	\$773
Family of 4	\$48,470	\$4,040	\$933
Family of 5	\$56,758	\$4,730	\$1,092
Family of 6	\$65,046	\$5,421	\$1,251
Family of 7	\$73,334	\$6,112	\$1,411
Family of 8	\$81,622	\$6,802	\$1,570
For each additional member, add	\$8,288	\$691	\$160

Income Eligibility for Alaska and Hawaii

The table below lists the maximum income amounts based on the size of the household for Alaska and Hawaii.

	Yearly Income		Monthly Income		Weekly Income	
	Alaska	Hawaii	Alaska	Hawaii	Alaska	Hawaii
Family of 1	\$29,508	\$27,158	\$2,459	\$2,264	\$568	\$523
Family of 2	\$39,868	\$36,686	\$3,323	\$3,058	\$767	\$706
Family of 3	\$50,228	\$46,213	\$4,186	\$3,852	\$966	\$889
Family of 4	\$60,588	\$55,741	\$5,049	\$4,646	\$1,166	\$1,072
Family of 5	\$70,948	\$65,268	\$5,913	\$5,439	\$1,365	\$1,256
Family of 6	\$81,308	\$74,796	\$6,776	\$6,233	\$1,564	\$1,439
Family of 7	\$91,668	\$84,323	\$7,639	\$7,027	\$1,763	\$1,622
Family of 8	\$102,028	\$93,851	\$8,503	\$7,821	\$1,963	\$1,805
For each additional member, add	\$10,360	\$9,528	\$864	\$794	\$200	\$184

Age and Stage of Pregnancy Requirement

To obtain WIC benefits, women must meet one of three pregnancy criteria. Women are eligible to receive WIC benefits in the following situations:

- During pregnancy and up to six weeks after birth or end of pregnancy
- For up to six months after birth or end of pregnancy
- Until the infant reaches age 1 if they are breastfeeding

Children can only receive WIC benefits if they meet an age requirement. Children are eligible to receive WIC benefits until they reach 5 years of age.

Residency Requirement

WIC applicants must reside in the state or territory in which they apply for benefits. There is not a certain period of time that they must live in the state before receiving WIC benefits. They can apply as soon as they establish residency.

Applicants who live in an area with an Indian Tribal Organization (ITO) must meet the residency requirements established by the ITO.

The WIC program recommends contacting your specific tribal council for eligibility information, as requirements vary between tribes. Refer to [page 8](#) of this guide for ITO contact information.

Nutrition Risk Requirement

To receive WIC benefits, you or your child must be considered to be at nutritional risk. This consideration can only be provided by a licensed healthcare professional, such as a doctor, nurse or nutritionist. To determine nutrition risk, the health professional performs a medical or nutrition assessment.

The WIC program loosely defines nutrition risk as any nutritional conditions, medical conditions

related to nutrition, dietary deficiencies or other health conditions that make individuals susceptible to malnourishment. The following are examples of qualifying conditions:

- Anemia (low blood levels)
- Being underweight
- Having a poor diet
- A history of pregnancy complications
- The advanced age of the mother

Each state, territory and tribe has the freedom to define the types of conditions acceptable to qualify for WIC benefits. The licensed health professional will determine if your condition(s) meets the state, territory or tribe's nutrition risk criteria.

The USDA has a WIC PreScreening tool that helps you determine if you may be eligible for the program. It is not an application for the program; the tool analyzes your information and determines if you are a good candidate for WIC. To use the PreScreening tool, you must provide the following:

- Personal information, including information about pregnant household members
- The state, territory or tribe in which you live
- Information about current enrollment in Medicaid, SNAP or TANF
- The number of people who live in your household
- Your household income

If you need assistance using the PreScreening tool, watch the help video on the WIC PreScreening tool webpage. Access the tool here: <https://wic.fns.usda.gov/wps/pages/preScreenTool.xhtml>



WIC Application Process

To receive WIC benefits, you must make an appointment with your state, territory or tribal WIC agency. At the appointment, a WIC coordinator will review your eligibility for the program and assist you with the application process. If you are approved, you will receive WIC benefits you can use to purchase supplemental foods for yourself or for your child.

When to Apply to WIC

Apply to the WIC program as soon as you believe you qualify for benefits. WIC serves women, infants and children at different stages. Refer to the section titled “Age and Stage of Pregnancy Requirement” on [page 24](#) of this guide to see if you fall into any of the described categories.

WIC Certification Appointment

The WIC certification appointment is a mandatory screening in every state, territory and tribe's WIC program. The appointment is the first step in applying for benefits and must take place at an approved local WIC agency.

Each individual applying for benefits must attend the in-person appointment, including infants and children. Pregnant women applying for benefits can count each unborn child as an applicant. During the appointment, the WIC coordinator will verify program eligibility by analyzing the applicant's information and documents. Continue reading the sections below to learn about the types of information and documents that are needed during the WIC appointment.

Applicants will undergo a nutrition risk assessment to determine eligibility and the types of services for which they qualify. Local WIC agencies have competent professional authorities (CPAs) to perform these assessments. At your WIC appointment, you will meet with one of the following:

- A doctor
- A nurse
- A dietician
- A nutritionist
- A physician's assistant (PA)
- Advanced Practice Registered Nurse (APRN)

CPAs are trained to screen all WIC applicants to

determine health areas that need improvement. They ask questions about the health of the entire family and measure all applicants' height, weight and blood iron status.

Upon completing their assessment, CPAs prescribe food packages based on the applicant's needs, answer questions, provide nutrition education and act as a point of contact during the application process. For more information about WIC benefits and services, refer to [page 56](#) of this guide.

After the appointment, the applicant will be advised if they qualify for the WIC program. The coordinator will review with the applicant the types of services for which they qualify, provide a verification of certification (VOC) and issue a WIC electronic benefits transfer (EBT) card.

The EBT card, which functions like a debit card for transactions, will be how benefits are provided to the recipient. For more information, refer to the section called "How WIC Benefits Are Distributed to Participants" on [page 71](#) of this guide.

Once the applicant receives an EBT card loaded with benefits, they can use it to purchase necessary food and supplements.

Your EBT card will be replenished with food benefits at follow-up WIC appointments, which typically occur every two to three months. However, due to COVID-19 restrictions, in-person visits may not be offered by your local WIC agency. Refer to [page 29](#) of this guide for more information on how to get in contact with your local office.

Information Needed for the WIC Appointment

To apply to the WIC program, you must make an application appointment with a local WIC agency. You will need to submit a variety of information during the appointment so that the WIC coordinator can verify your eligibility for the program. Be prepared to provide the following information at your WIC appointment:

- Identity information
 - You will need the full names, dates of birth and Social Security Numbers (SSNs) for all individuals in your household.
- Income information
 - Provide income information for all individuals in your household for the last 30 days.
 - Include income from all sources, including a job, child support, alimony and unemployment.
- Residency information
 - You must provide information about where you live.

Documents Needed for the WIC Appointment

You must bring all documents needed to verify the information you provide during the WIC appointment. The following documents are acceptable to confirm your information.

Documents Proving Identity - Provide ONE for Each Applicant

- Driver's license
- Birth certificate
- Hospital record
- Work or school ID
- Military ID
- Voter registration card
- Crib card
- Social Security card

Documents Proving Income

- Paycheck/pay stub
- Bank statement
- Tax return documents
- Divorce decree or award letter (for child support income)
- Employer verification letter
- Unemployment benefit document

Documents Proving Residency

- Driver's license
- Utility bill
- Rent receipt
- Mortgage/rent documents

How to Apply to WIC and Schedule an Appointment by State, Territory and Tribe

Review the sections below for information about applying to the WIC program in each state, territory or tribal nation. The first step in the application process is scheduling a WIC appointment at a local agency. It is during this appointment that you will submit information and documents to support your claim for WIC benefits.

The list below provides information on how to find a local WIC agency in your area.

01 Acoma, Canoncito and Laguna (ACL)

Schedule a WIC appointment:

- Call the ACL WIC program: (505) 552-6067
- Learn more at: <https://aclwic.org/cert-process>

02 Alabama

Schedule a WIC appointment:

- Download the free “Alabama WIC” app in your app store
<https://apps.apple.com/us/app/alabama-wic/id1083172313>
- Call toll-free: 1-888-942-4673
- Email: wic@adph.state.al.us

03 Alaska

Schedule a WIC appointment:

- Call your local WIC office. Find one in your area here: <http://dhss.alaska.gov/dpa/Pages/nutri/wic/participants/regional-clinics.aspx>
- Complete an application and email it to your local WIC office:
 - Application for pregnant women: <http://dhss.alaska.gov/dpa/Documents/dpa/programs/Nutrition/WIC/Participants/forms/Application-Pregnant-Women.pdf>
 - Application for postpartum or breastfeeding women: <http://dhss.alaska.gov/dpa/Documents/dpa/programs/Nutrition/WIC/Participants/forms/Application-Breastfeeding-Postpartum-Women.pdf>
 - Application for infants: <http://dhss.alaska.gov/dpa/Documents/dpa/programs/Nutrition/WIC/Participants/forms/Application-Infant.pdf>

04 American Samoa

Schedule a WIC appointment:

- Call the main clinic: (684) 633-2610
- Call your local clinic:
 - Tau Clinic: (684) 677-6181
 - Pavai'a'i Clinic: (684) 688-7434
 - Tafuna Clinic: (684) 699-2600
 - Ofu Clinic: (684) 655-7550
- Learn more at: <https://aswic.com/how-to-apply/>

05 Arizona

Schedule a WIC appointment:

- Call your local WIC clinic. Use the clinic finder tool here: <http://clinicsearch.azbnp.gov>
- Call toll-free: 1-800-252-5942

06 Arkansas

Schedule a WIC appointment:

- Call your local county Health Unit. Use the search tool here: <https://www.healthy.arkansas.gov/local-health-units>
- Call toll-free: 1-800-462-0599
- Email: wic.program@arkansas.gov

07 California

Schedule a WIC appointment:

- Call your local WIC clinic. Use the clinic search tool here: <https://m.wic.ca.gov/Clinics/ClinicSearch.aspx>
- Call toll-free: 1-888-942-9675

08 Cherokee Nation

Schedule a WIC appointment:

- Call your local WIC clinic. Use the map to find an office near you: <https://health.cherokee.org/media/ox2hvfvu/wic-clinic-map.pdf>
- Call toll-free: 1-800-256-0671 ext. 5589

09 Cheyenne River Sioux

Schedule a WIC appointment:

- Call the main Cheyenne River Sioux WIC program number: 605-964-3947

10 Chickasaw Nation

Schedule a WIC appointment:

- Apply online: [https://forms.chickasaw.net/PerfectForms/PresentationServer/\(S\(zrrhirse3fn1wu2ax0pb5a4z\)\)/Form.aspx/Play/3oAAGgcj?f=3oAAGgcj](https://forms.chickasaw.net/PerfectForms/PresentationServer/(S(zrrhirse3fn1wu2ax0pb5a4z))/Form.aspx/Play/3oAAGgcj?f=3oAAGgcj)
- Call your local WIC clinic. Find a list of locations here: <https://www.chickasaw.net/Services/WIC-Supplemental-Nutrition-Program.aspx>

11 Choctaw Nation of Oklahoma

Schedule a WIC appointment:

- Call your local WIC clinic. Find a list of locations here: <https://www.choctawnation.com/tribal-services/member-services/choctaw-nation-wic-program>
- Call toll-free to connect to your local WIC clinic: 1-580-920-2100 ext. 83517

12 Citizen Potawatomi Nation

Schedule a WIC appointment:

- Call your local WIC clinic. Find a list of locations here: <https://www.potawatomi.org/services/health/wic/>
- Call the main line to connect to your local WIC clinic: 405-273-3216

13 Colorado

Schedule a WIC appointment:

- Complete the online referral form for a WIC clinic to contact you: <https://www.healthinformatics.dphe.state.co.us/WICSignUp>
- Call your local WIC clinic. Use the search tool here: <https://www.cdphe-wic.byf1.io/find-wic-clinic>

14 Commonwealth of the Northern Mariana Islands (CNMI)

Schedule a WIC appointment:

- Call the CNMI WIC clinic: (670) 664-4084

15 Connecticut

Schedule a WIC appointment:

- Call your local WIC clinic. Find a list of locations here: <https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/WIC-2018/Local-WIC-Agencies-52020.pdf>

16 Delaware

Schedule a WIC appointment:

- Call your local WIC clinic. Find a list of locations here: <https://dhss.delaware.gov/dph/chca/files/wiccliniclocationsandhours.pdf>

17 District of Columbia

Schedule a WIC appointment:

- Call your local WIC clinic. Use the clinic search tool here: <https://www.dcwic.org/wic-locations>
- Call the main line to connect to a local clinic: 202-442-9397

18 Eastern Band of Cherokee

Schedule a WIC appointment:

- Call the main line: 828-359-7297

19 Eastern Shoshone

Schedule a WIC appointment:

- Call the main line: 307-332-6733

20 Eight Northern Indian Pueblo Council

Schedule a WIC appointment:

- Call the main line: 505-692-6400

21 Five Sandoval Indian Pueblos

Schedule a WIC appointment:

- Call your local WIC clinic. Find a list of locations here: <https://www.fsipinc.org/wic-locations>
- Call the main line to connect to a local clinic: 505-771-5387

22 Florida

Schedule a WIC appointment:

- Call your local WIC clinic. Find a list of locations here: <http://www.floridahealth.gov/programs-and-services/wic/contact-info.html>
- Call toll-free to connect to a local clinic: 1-800-342-3556

23 Georgia

Schedule a WIC appointment:

- Apply online: <https://gateway.ga.gov/access/>
- Call your local WIC clinic. Use the clinic finder here: <https://sendss.state.ga.us/sendss!/wicclinic.SCREEN>
- Call toll-free to connect to a local clinic: 404-651-5451

24 Guam

Schedule a WIC appointment:

- Call your local WIC clinic. Find a list of locations here: <http://dphss.guam.gov/woman-infants-infants-wic-program/>
- Email: guamwic@dphss.guam.gov
- Call the main line to connect to a local clinic: 671-475-0287

25 Hawaii

Schedule a WIC appointment:

- Call your local WIC clinic. Find a list of locations here: <https://health.hawaii.gov/wic/clinic-locations/>
- Call the main line to connect to a local clinic: 808-586-8006

26 Idaho

Schedule a WIC appointment:

- Call your local WIC clinic. Find a list of locations here: https://healthandwelfare.idaho.gov/Portals/0/FoodCashAssistance/WomenInfantsandChildren/AO_FindaClinic.pdf
- Call the main line to connect to a local clinic: 208-334-5951

27 Illinois

Schedule a WIC appointment:

- Call your local WIC clinic. Use the office locator tool here: <https://www.dhs.state.il.us/page.aspx?module=12&officetype=11&county=>
- Call toll-free to connect to a local clinic: 1-800-323-4769

28 Indian Township Passamaquoddy Reservation

Schedule a WIC appointment:

- Call the main line: 207-796-2321

29 Indiana

Schedule a WIC appointment:

- Call your local WIC clinic. Use the office locator tool here: <https://www.in.gov/isdh/20424.htm>
- Call toll-free to connect to a local clinic: 1-800-522-0874
- Email: inwic@isdh.in.gov

30 Inter-Tribal Council of Arizona

Schedule a WIC appointment:

- Call your local WIC clinic. Find a list of locations here: <https://itcaonline.com/programs/wic-program/find-a-wic-clinic/>
- Request an appointment online: <https://itcaonline.com/request-an-appointment/>

31 Inter-Tribal Council of Nevada

Schedule a WIC appointment:

- Call the main line: 775-398-4960

32 Inter-Tribal Council of Oklahoma

Schedule a WIC appointment:

- Call the main line: 918-919-4050

33 Iowa

Schedule a WIC appointment:

- Call your local WIC clinic. Use the office locator tool here: <https://iowa.maps.arcgis.com/apps/webappviewer/index.html?id=9fcdcdfdeaf4480fb925786d260fb2fe&shareWithWebMap=true>
- Call the main line to connect to a local clinic: 1-515-281-6650

34 Kansas

Schedule a WIC appointment:

- Call your local WIC clinic. Use the office locator tool here: http://www.kansaswic.org/families/WIC_county_map.html
- Call the main line to connect to a local clinic: 785-296-1324

35 Kentucky

Schedule a WIC appointment:

- Call the main line to connect to a local clinic: 502-564-3827

36 Louisiana

Schedule a WIC appointment:

- Call your local WIC clinic. Use the interactive state map to find a location here: <https://louisianawic.org/about/using/>
- Call toll-free to connect to a local clinic: 1-800-251-2229

37 Maine

Schedule a WIC appointment:

- Call your local WIC clinic. Find a list of locations here: <https://www.maine.gov/dhhs/mecdc/population-health/wic/applicants/where-do-i-apply.shtml>
- Complete the online form for a WIC clinic to contact you: <https://www.maine.gov/dhhs/mecdc/population-health/wic/contact.shtml>

38 Maryland

Schedule a WIC appointment:

- Call your local WIC clinic. [Find a list of locations here: https://phpa.health.maryland.gov/wic/Pages/wic-apply.aspx](https://phpa.health.maryland.gov/wic/Pages/wic-apply.aspx)

39 Massachusetts

Schedule a WIC appointment:

- Apply online: <https://www.mass.gov/forms/apply-for-wic-online>
- Call your local WIC clinic. Use the office locator tool here: https://www.mass.gov/orgs/women-infants-children-nutrition-program/locations?_page=1

40 Michigan

Schedule a WIC appointment:

- Call your local WIC clinic. Find a list of locations here: https://www.michigan.gov/documents/mdhhs/WIC_Clinic_Locations_684528_7.pdf
- Call 2-1-1 to find your local WIC agency.

41 Minnesota

Schedule a WIC appointment:

- Call your local WIC clinic. Use the WIC agency directory here: <https://www.health.state.mn.us/forms/cfh/wicdirectory/>
- Call toll-free to connect to a local clinic: 1-800-942-4030

42 Mississippi

Schedule a WIC appointment:

- Download the app to find nearby WIC office locations: <https://apps.apple.com/us/app/ms-wic/id1450413254>
- Call toll-free to connect to a local clinic: 1-800-545-6747

43 Mississippi Band of Choctaw Indians

Schedule a WIC appointment:

- Visit one of the following clinics to complete an application in person:
 - Choctaw Health Center/Women's Wellness Center
 - Conehatta Clinic
 - Bogue Chitto Clinic
 - Red Water Clinic
- Call the main line for appointment assistance: 601-389-4514

44 Missouri

Schedule a WIC appointment:

- Call your local WIC clinic. Use the interactive map to find a location: <https://mogov.maps.arcgis.com/apps/webappviewer/index.html?id=d05c2084408644c0b103ca0ad520aff1>
- Call toll-free to connect to a local office: 1-800-392-8209
- Email: WICinfo@health.mo.gov

45 Montana

Schedule a WIC appointment:

- Call your local WIC clinic. Use the office locator tool here: <http://signupwic.com>
- Call toll-free to connect to a local office: 1-800-433-4298
- Email: montanawicprogram@mt.gov

46 Muscogee Creek Nation

Schedule a WIC appointment:

- Online: <https://wicapp.statewic.net/mcn/>
- Call your local WIC clinic. Find a list of locations here: <http://www.mcn-nsn.gov/services/wic/>

47 Navajo Nation

Schedule a WIC appointment:

- Call the main line: 928-871-6698

48 Nebraska

Schedule a WIC appointment:

- Call your local WIC clinic. Use the office locator tool here: <http://signupwic.com>
- Call toll-free to connect to a local office: 1-800-942-1171

49 Nevada

Schedule a WIC appointment:

- Call your local WIC clinic. Use the office locator tool here: <http://nevadawic.org/for-families/closest-clinic/>
- Call toll-free to connect to a local office: 1-800-863-8942

50 New Hampshire

Schedule a WIC appointment:

- Call your local WIC clinic. Use the office locator tool here: <http://www.signupwic.com>
- Call toll-free to connect to a local office: 1-800-942-4321

51 New Jersey

Schedule a WIC appointment:

- Call your local WIC clinic. Use the office locator tool here: <https://www.nj.gov/health/fhs/wic/participants/find-wic/index.shtml>
- Call toll-free to connect to a local office: 1-800-328-3838

52 New Mexico

Schedule a WIC appointment:

- Complete the online form for a WIC office to contact you: <https://www.nmwic.org/set-up-an-appointment/>
- Call your local WIC clinic. Find a list of locations here: <https://www.nmwic.org/locations/>
- Call toll-free to connect to a local office: 1-866-867-3124

53 New York

Schedule a WIC appointment:

- Call your local WIC clinic. Find a list of locations here: https://www.health.ny.gov/prevention/nutrition/wic/local_agencies.htm
- Call toll-free to connect to a local office: 1-800-522-5006

54 North Carolina

Schedule a WIC appointment:

- Complete the online referral form for a WIC office to contact you: <https://www.nutritionnc.com/wic/wic-referral.asp>
- Call your local WIC clinic. Search the WIC County Directory here: <https://www.nutritionnc.com/wic/directory.htm>
- Call toll-free to connect to a local office: 1-800-367-2229

55 North Dakota

Schedule a WIC appointment:

- Call your local WIC clinic. Find a list of locations here: <https://www.health.nd.gov/prevention/wic/how-do-i-apply-wic>
- Call toll-free to connect to a local office: 1-800-472-2286

56 Northern Arapaho

Schedule a WIC appointment:

- Call the main line: 307-857-2722

57 Ohio

Schedule a WIC appointment:

- Print this application form and mail it to your local clinic: <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/women-infants-children/media/wic-program-application>
Find a list of local clinics here: <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/women-infants-children/media/wic-clinic-directory>
- Call toll-free to connect to a local office: 1-800-755-4769

58 Oklahoma

Schedule a WIC appointment:

- Online: https://osdhcfhs.az1.qualtrics.com/jfe/form/SV_4UyhKlxQZFtm2V
- Call your local WIC clinic. Find a list of locations here: <https://www.ok.gov/health2/documents/WIC%20Clinic%20Sites%205-8-20.pdf>
- Call toll-free to connect to a local office: 1-888-655-2942

59 Omaha Nation

Schedule a WIC appointment:

- Call the main line: 402-837-4527
- Email: jfree@omahatribe.com

60 Oregon

Schedule a WIC appointment:

- Complete the online form for a WIC clinic to contact you: <https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Pages/interest-form.aspx>
- Call your local WIC clinic. Find a list of locations here: <https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Pages/countyinfo.aspx>
- Call toll-free to connect to a local office: 1-800-723-3638

61 Osage Nation

Schedule a WIC appointment:

- Online: <https://www.osagenation-nsn.gov/what-we-do/women-infants-children-program/application>
- Call the main line: 1-800-460-1006

62 Otoe-Missouria Tribe

Schedule a WIC appointment:

- Call the main line: 1-844-729-5700
- Email: WIC@omtribe.org

63 Pennsylvania

Schedule a WIC appointment:

- Complete the online pre-application for a WIC agency to contact you: <https://www.pawic.com/OnlineApplication.aspx>
- Call toll-free to connect to a local office: 1-800-942-9467

64 Pleasant Point Passamaquoddy

Schedule a WIC appointment:

- Call the main line: 207-853-5060

65 Pueblo of Isleta

Schedule a WIC appointment:

- Call the main line: (505) 869-2662

66 Pueblo of San Felipe

Schedule a WIC appointment:

- Call the main line: 505-771-7203

67 Pueblo of Zuni

Schedule a WIC appointment:

- Call the main line: 505-782-2929

68 Puerto Rico

Schedule a WIC appointment:

- Call the main line: 787-766-2805

69 Rhode Island

Schedule a WIC appointment:

- Call your local WIC clinic. Find a list of locations here: <https://health.ri.gov/find/services/detail.php?id=44>
- Call toll-free to connect to a local office: 1-800-942-7434

70 **Rosebud Sioux Tribe**

Schedule a WIC appointment:

- Call the main line: 605-747-2617
- Email: rstwic@gwtc.net

71 **Santee Sioux Tribe**

Schedule a WIC appointment:

- Call the main line: 402-857-2694

72 **Santo Domingo Tribe**

Schedule a WIC appointment:

- Call the main line: (505) 465-1321

73 **South Carolina**

Schedule a WIC appointment:

- Call your local WIC office. Find a list of locations here: <https://scdhec.gov/health/health-public-health-clinics>
- Call toll-free to schedule: 1-855-472-3432

74 **South Dakota**

Schedule a WIC appointment:

- Call your local WIC office. Use the office locator tool here: <https://sdwic.org/locations/>
- Call toll-free to connect to a local office: 1-800-738-2301

75 Standing Rock Sioux Tribe

Schedule a WIC appointment:

- Call the main line: 701-854-7263

76 Tennessee

Schedule a WIC appointment:

- Call your local WIC office. Use the office locator tool here: <https://www.tn.gov/content/tn/health/health-program-areas/fhw/wic/redirect-wic/wic-clinics.html>
- Call toll-free to connect to a local office: 1-800-342-5942

77 Texas

Schedule a WIC appointment:

- Online: https://texaswic.az1.qualtrics.com/jfe/form/SV_6G3nsSAEyVNzixn?Q_Language=EN
- Call your local WIC office. Use the office locator tool here: <https://find.texaswic.org/?wicType=Clinic>
- Call toll-free to connect to a local office: 1-800-942-3678

78 Three Affiliated Tribes

Schedule a WIC appointment:

- Call the main line: (701) 627-4642

79 U.S. Virgin Islands

Schedule a WIC appointment:

- Contact one of the following clinics in your area:
 - St. Croix
 - Beeston Hill: (340) 718-9157
 - Frederiksted: (340) 778-7799
 - St. Thomas
 - Roy L. Schneider Hospital: (340) 776-1770 ext. 5609
 - East End Tutu Park Mall: (340) 775-5922
 - St. John
 - Morris DeCastro Clinic: (340) 693-8186

80 Utah

Schedule a WIC appointment:

- Online: <https://health.utah.gov/vpms/client/>
- Call your local WIC office. Find a list of locations here: <https://wic.utah.gov/locations/>
- Call toll-free to connect to a local office: 1-877-942-5437

81 Ute Mountain Ute Tribe

Schedule a WIC appointment:

- Call the main line: 970-564-5382

82 Vermont

Schedule a WIC appointment:

- Call your local WIC office. Find a list of locations here: <https://www.healthvermont.gov/local>
- Call toll-free to connect to a local office: 1-800-649-4357

83 Virginia

Schedule a WIC appointment:

- Online: <https://www.myvawic.org>
- Call toll-free to connect to a local office: 1-888-942-3663

84 Washington

Schedule a WIC appointment:

- Call your local WIC office. Use the resource locator tool here: <https://resources.parenthelp123.org>
- Call toll-free to connect to a local office: 1-800-322-2588

85 West Virginia

Schedule a WIC appointment:

- Call your local WIC office. Find a list of locations here: <https://dhhr.wv.gov/WIC/pages/Clinic-Results.aspx>
- Call the main line to connect to a local office: 304-558-0030

86 Wichita, Caddo and Delaware (WCD) Tribes

Schedule a WIC appointment:

- Online: <https://wicapp.statewic.net/wcd/>
- Call toll-free: 1-800-492-3942

87 Winnebago

Schedule a WIC appointment:

- Call the main line: 402-878-2499

88 Wisconsin

Schedule a WIC appointment:

- Call your local WIC office. Use the interactive map of counties here: <https://www.dhs.wisconsin.gov/wic/wic-offices.htm>
- Call toll-free to connect to a local office: 1-800-722-2295

89 Wyoming

Schedule a WIC appointment:

- Complete the online appointment request for a WIC office to contact you: <https://wywicapply.health.wyo.gov/#/>
- Call your local WIC office. Use the office locator here: <https://health.wyo.gov/publichealth/wic/wic-clinic-locator/>
- Call toll-free to connect to a local office: 1-800-994-4769

WIC Denials and Appeals

If your WIC application is denied, you have the right to file an appeal to determine if you were wrongly denied benefits. Follow the steps outlined in the sections below to appeal the decision.

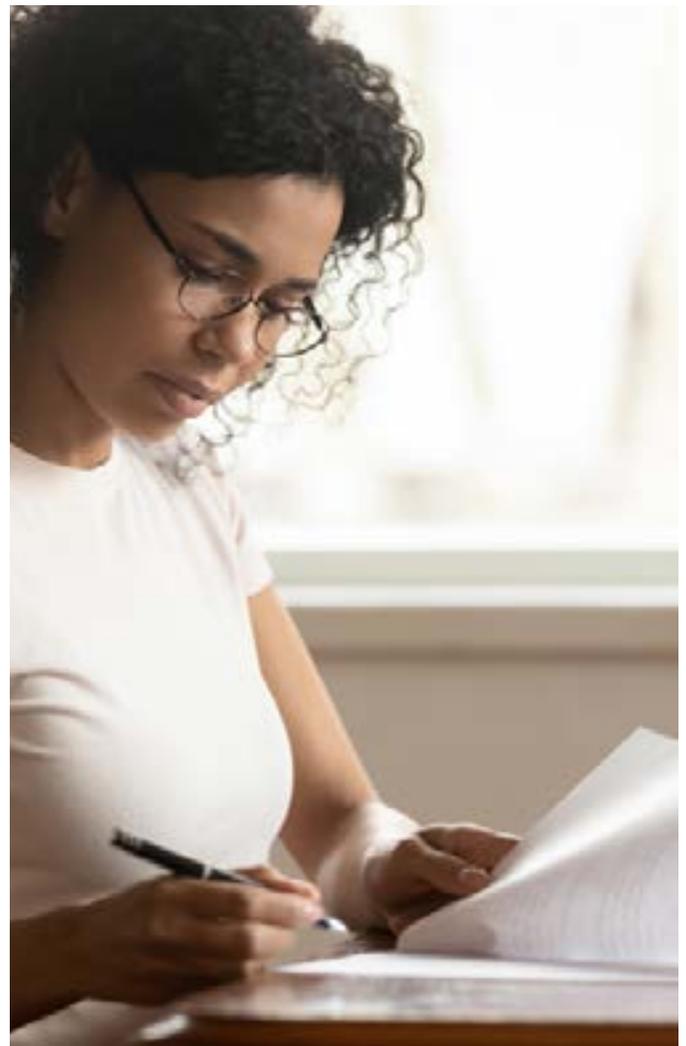
Common Reasons for an Application Denial

If your WIC application is rejected, the WIC office is required to provide a reason for the denial. In most cases, you will be told about your denial during your first WIC appointment, during which the coordinator will explain the reason for the denial.

You can be denied WIC benefits for the following reasons:

- Your income is too high
- Your children do not meet the age requirements
- You or your children do not have a nutritional risk as determined by a licensed health professional
- You do not meet residency requirements
- Your application is missing information
- Your application has incorrect information
- You failed to provide all necessary documents at your WIC appointment

- You did not attend your WIC appointment
- Your child applicant did not attend the WIC appointment with you



When to File an Appeal

If you believe you qualify for WIC benefits despite being denied, file an appeal with your local WIC office. Appeals are suited for situations that can be easily corrected. The following scenarios should be followed with an appeal:

- Your application has missing or incorrect information
- You forgot to provide necessary documents
- You missed your WIC appointment
- You or your child applicants were not determined to have a nutritional risk before but are at risk now

How to File an Appeal

The appeal process can vary slightly in each state, territory or tribe. However, there is a standard procedure for starting the appeal process with your local WIC office.

- 01** Determine the reason for denial. The WIC coordinator will advise you why you do not qualify.
- 02** Make an oral request for a review with the local WIC coordinator. He or she will take another look at your documents and may reverse the decision without requesting guidance from the state, territory or tribal WIC agency.

- 03** Request an appeal with the state, territory or tribal WIC agency. If the coordinator does not reverse the decision, request that he or she forward the case to the larger agency.

- 04** Gather evidence. Depending on the reason for denial, you may need to provide additional documents to prove your eligibility. Refer to [page 26](#) of this guide for a list of documents you need to prove your eligibility during the application process.

- 05** Prepare for a fair hearing. Depending on where you live, you may be entitled to a fair hearing, where you can provide evidence and witness testimony proving your eligibility for WIC. You can also hire legal representation.

- 06** Receive a final decision. If the decision is sustained and you are not approved to receive WIC benefits, you can apply for the program at a later time if your situation changes. You can also file a second appeal through a superior court in order to have a judge review the case and issue their decision. They may reverse the initial decision or confirm it.

To begin the appeal process, contact your local WIC agency and notify them of your desire to appeal. Refer to [page 8](#) of this guide for local contact information.



WIC Waiting Periods

Some WIC applicants may experience a waiting period. This occurs when a local WIC office reaches its maximum caseload and cannot serve all eligible applicants. Those who are eligible for WIC benefits are placed on a waiting list and categorized in a priority system. This system ensures the most at-risk participants are served first.

The WIC Priority System

The U.S. Department of Agriculture created a priority system to help fill vacancies on the waiting lists of local WIC offices. The system places the most nutritionally needy applicants toward the top so they can receive benefits as soon as possible.

The list below explains the WIC priority system on a numerical scale, with 1 receiving highest priority.

- 01** Pregnant women, breastfeeding women and infants who have a nutritional need due to a serious medical condition
- 02** Infants up to 6 months of age whose mothers had serious medical complications and participated (or could have participated) in the WIC program
- 03** Children with a nutritional need due to a serious medical condition
- 04** Pregnant women, breastfeeding women and infants who are at risk due to dietary problems
- 05** Children at nutritional risk due to dietary problems
- 04** Non-breastfeeding postpartum women with any nutritional risk
- 05** Individuals who are at nutritional risk due to homelessness or current participants who, without WIC foods, could continue to have dietary and/or medical problems

If you fall into one of the categories toward the bottom of the list and your local WIC agency is close to capacity, you may need to wait to receive WIC benefits.

WIC Benefits

The WIC program provides three main categories of benefits to women, infants and children enrolled in the program. These are:

1. Food Packages
2. Nutrition Education
3. Breastfeeding Support and Services

WIC Food Packages

WIC participants are given a specific food package category by their WIC agency. These packages are categorized by participant (either infant, child or woman), stage of pregnancy and by amount of breastfeeding. In each food package, participants are limited when it comes to the amount of food they may purchase each month. These limits are known as “monthly allowances.”

With their WIC benefits, participants can purchase WIC-approved foods from participating retailers in their location. Approved foods and food types vary by state, territory and location, but the USDA determines the food categories (i.e. juice, milk, infant cereal) that must be provided by WIC programs. This is to ensure that the primary goal of the program, to supply nutritious items meant to improve the health and wellbeing of program participants, is achieved.



Infant Food Packages

There are three types of infant food packages available to babies 0-11 months of age. Each package is geared toward a specific population based on age, health status and whether the infant is formula-fed or breast-fed. Also, each package includes different types of food and supplements in varying amounts. These are:

- WIC formula
- Infant cereal
- Fruit and vegetable-based baby food
- Meat-based baby food

Food package I is for infants 0 through 5 months of age who do not have any food allergies or special medical conditions.

Food package II is for infants 6 through 11 months of age who do not have any food allergies or special medical conditions.

Food package III is for participants with special nutritional needs or qualifying medical conditions. It is available to WIC participants of all ages with medical documentation from a licensed health professional. Participants with the following conditions qualify for Food Package III:

- Low birth weight
- Prematurity
- Gastrointestinal disorders
- Severe food allergies
- Metabolic disorders

- Malabsorption syndromes
- Other medical conditions that impair digestion, ingestion or absorption

States, territories and tribes determine which brands of foods within each category of each package are WIC approved. Refer to [page 62](#) of this guide for WIC-approved foods in each location.

The table below details all **WIC food packages for infants** and the maximum monthly allowances for each type of food.

Note: The “**Fully Formula Fed**” category is for infants and babies who are not breastfed. The “**Mostly Breastfed**” category is for infants and babies who receive some formula up to the maximum allowance, but are primarily breastfed. The “**Fully Breastfed**” category is for infants and babies who do not receive any formula and are only breastfed.

The monthly allowance of each type of food and supplement is explained in fluid ounces (fl oz) or ounces (oz). State, territory and tribal agencies “round up” to the next whole container size to make it easier to receive the full nutrition benefit. This means that if the number of containers to be issued to a WIC participant does not result in a whole number, the WIC agency must round up to the next whole container.

“Reconstituted liquid concentrate” is a type of formula that, after adding water, is in liquid form. It is different from powdered formula.

	Fully Formula Fed		Mostly Breastfed		Fully Breastfed	
Foods	Food Packages I and III	Food Packages II and III	Food Packages I and III	Food Packages II and III	Food Package I	Food Package II
	A: 0-3 months B: 4-5 months	6-11 months	A: 0 to 1 month B: 1-3 months C: 4-5 months	6-11 months	0-5 months	6-11 months
WIC Formula	A: 806 fl oz reconstituted liquid concentrate B: 884 fl oz reconstituted liquid concentrate	624 fl oz reconstituted liquid concentrate	A: 1 can powder B: 364 fl oz reconstituted liquid concentrate C: 442 fl oz reconstituted liquid concentrate	312 fl oz reconstituted liquid concentrate		
Infant cereal		24 oz		24 oz		24 oz
Fruit and vegetable-based food		128 oz		128 oz		256 oz
Meat-based food						77.5 oz

To help calculate formula amounts, the USDA created a helpful WIC Infant Formula Calculator. Simply enter the brand name, formula type (reconstituted liquid concentrate, powder or ready-to-eat), container size in ounces and reconstituted fluid ounce yield. Then, choose the method of issuance (round-up, maximum monthly allowance or both).

The web tool will then calculate the total number of containers available per food package type.

Access the Infant Formula Calculator here: <https://wicworks.fns.usda.gov/resources/wic-infant-formula-calculator-instructions>

Minimum Requirements for Infant Food

While each individual state, territory and tribal WIC agency is ultimately responsible for choosing the specific types of food in each category, they must adhere to minimum requirements set by the FDA.

The table below outlines the minimum requirements for WIC formula, infant cereal, fruit and vegetable-based baby food and meat-based baby food.

Food Categories	Minimum requirements
WIC Formula	<ul style="list-style-type: none">• Must meet the FDA's definition of infant formula, which requires it to be used solely as a food for infants by simulation of human milk• Must be designed for digestion via oral (mouth) or tube feeding• Must provide at least 10 mg of iron per liter• Must not require the addition of any ingredients other than water before being served in a liquid state
Infant Cereal	<ul style="list-style-type: none">• Must contain at least 45 mg of iron per 100 g of cereal.
Infant Fruits and Vegetables	<ul style="list-style-type: none">• Single-ingredient fruits and vegetables cannot contain added sugars, starches or salt. The first ingredient on the label must be the fruit or vegetable.
Infant Meat	<ul style="list-style-type: none">• Any variety of meat or poultry without added sugars or starches.

Infant Formula Rebate System

The Infant Formula Rebate System allows state, territory and tribal WIC programs to receive a partial refund for each can of infant formula purchased by WIC participants. WIC agencies encourage breastfeeding, but women who choose to bottle feed their babies are eligible to purchase formula with WIC funds, as described above.

WIC agencies that do participate in this system have rebate contracts with a single formula company, which means program participants can only purchase formula from this specific company. In return, the WIC agency receives a partial refund, also known as a rebate, for each can of formula that is sold. The savings garnered by this system allows the program to serve more women and children.

All 50 states except Vermont and Mississippi are required to bid on contracts with a formula provider to participate

in this system. Vermont has a home delivery system for formula, and Mississippi uses a direct distribution system, which is why these states do not bid on contracts under this system. Additionally, some territory and tribal WIC agencies serve too few individuals and therefore are not required to bid.

Food Packages for Children

There is one food package available for children ages 1 through 4 who do not have special nutrition needs or qualifying medical conditions. It contains a variety of food and drinks in specific monthly allowances. States, territories and tribes determine which brands of foods are available in each category within each package. Refer to [page 62](#) of this guide for WIC-approved foods in each location.

The **table below includes information about Food Package IV** (for children 1 through 4), including the types of food categories and monthly allowances.

Foods	Food Package IV (Children 1-4)
Juice	128 fl oz
Milk	16 qt
Breakfast cereal	36 oz
Eggs	1 dozen
Fresh fruits and vegetables	\$8 in cash-value vouchers
Whole wheat/whole grain bread	2 lbs
Dry legumes and/or peanut butter	1 lb or 18 oz

Food Packages for Women

There are three food packages available to women without special nutritional needs or medical conditions. Each package is designed for women who are pregnant, postpartum or breastfeeding. States, territories and tribes determine which brands of foods are available in each category within each package. Refer to [page 62](#) of this guide for WIC-approved foods in each location.

Food package V is for pregnant women and women who are mostly breastfeeding their infants for up to one year after giving birth (also known as one year postpartum).

Food package VI is available to postpartum women for up to six months.

Food package VII is for women who are fully breastfeeding for up to one year postpartum.

The table below includes information about all three food packages available to women through the WIC program. The monthly allowances are measured in fluid ounces (fl oz), ounces (oz), quarts (qt) or pounds (lb).

Note: “N/A” indicates that this food type is unavailable in the specific food package.

Foods	Food Package V	Food Package VI	Food Package VII
Juice	144 fl oz	96 fl oz	144 fl oz
Milk	22 qt	16 qt	24 qt
Breakfast cereal	36 oz	36 oz	36 oz
Cheese	N/A	N/A	1 lb
Eggs	1 dozen	1 dozen	2 dozen
Fresh fruits and vegetables	\$10 in cash-value vouchers	\$10 in cash-value vouchers	\$10 in cash-value vouchers
Whole wheat/whole grain bread	1 lb	N/A	1 lb
Canned fish	N/A	N/A	30 oz
Dry legumes and/or peanut butter	1 lb and 18 oz	1 lb or 18 oz	1 lb and 18 oz

WIC-Approved Foods

The USDA creates food packages for infants, children and women and determines monthly allowances for each type of food, but local agencies in each state, territory and tribe are responsible for creating a WIC-approved food guide that contains specific brands available through their programs.

WIC agencies provide multiple options within each food category, allowing participants to choose from a list of approved brands. Each state, territory and tribe also determines which items may be swapped and which items may not be substituted. For example, if an approved food brand is unavailable due to limited or low quantity, locations can approve substitutes for WIC participants.

The table below includes a link to each state, territory and tribal WIC agency's approved food list or pamphlet.

Note: An asterisk (*) indicates that an approved food list or guide is unavailable on the location's website. Contact your local WIC office to inquire about approved foods. Refer to [page 8](#) of this guide for a list of contact information for all WIC agencies.

WIC Agency	Link to Approved Foods
Acoma, Canoncito & Laguna Tribes	https://aclwic.org/food-package
Alabama	https://www.alabamapublichealth.gov/wic/assets/approvedfoodsbrochure.pdf
Alaska	http://dhss.alaska.gov/dpa/Documents/dpa/programs/Nutrition/WIC/Retailers/2020-WIC-Food-List.pdf
American Samoa	https://aswic.com/supplemental-foods/
Arizona	https://www.azdhs.gov/prevention/azwic/families/index.php#wic-foods-home
Arkansas	https://www.healthy.arkansas.gov/images/uploads/pdf/Arkansas_WIC_Approved_Food_List_-_English.pdf
California	https://m.wic.ca.gov/WAFL/WAFL.aspx
Cherokee Nation	https://health.cherokee.org/media/x2nf433y/245652013_pocket_size_oklahoma_unified_wic_approved_food_card.pdf

WIC Agency	Link to Approved Foods
Cheyenne River Sioux	https://sdwic.org/wp-content/uploads/WIC2018_FoodGuide_English_DIGITAL.pdf
Chickasaw Nation	https://www.mcn-nsn.gov/wp-content/uploads/2019/11/FFY2020-Oklahoma-Unified-WIC-Approved-Food-Card.pdf
Chocktaw Nation of Oklahoma	https://www.mcn-nsn.gov/wp-content/uploads/2019/11/FFY2020-Oklahoma-Unified-WIC-Approved-Food-Card.pdf
Citizen Potawatomi Nation	https://www.mcn-nsn.gov/wp-content/uploads/2019/11/FFY2020-Oklahoma-Unified-WIC-Approved-Food-Card.pdf
Colorado	https://www.colorado.gov/pacific/sites/default/files/PF_WIC_2017_AFL_FINAL_3.20.17_Spread.pdf
Commonwealth Northern Mariana Islands (CNMI)	http://chcc.cnmi.mp/images/PDF_Forms/CNMI%20WIC%20Approved%20Food%20List%202019.pdf
Connecticut	https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/WIC-2018/Food-Guides-2019/ConnecticutWIC_FoodGuide-2019.pdf
Delaware	https://dhss.delaware.gov/dhss/dph/chca/files/wicfoodbrochure3.pdf
District of Columbia	https://dchealth.dc.gov/sites/default/files/dc/sites/doh/DC%20WIC%20Authorized%20Food%20List.pdf
Eastern Band of Cherokee	http://cherokee-phhs.com/wic/NC-WICApprovedFoods-10-2015.pdf
Eastern Shoshone	*
Eight Northern Indian Pueblo Council	*
Five Sandoval Indian Pueblos	*
Florida	http://www.floridahealth.gov/programs-and-services/wic/_documents/fl-wic-foods-eng.pdf
Georgia	https://dph.georgia.gov/WIC/wic-approved-foods-list
Guam	http://dphss.guam.gov/wp-content/uploads/2020/05/Guam-eWIC-Shopping-Guide-08May2020.pdf

WIC Agency	Link to Approved Foods
Hawaii	https://health.hawaii.gov/wic/files/2019/10/WIC-FoodList-2019-Final-Spread-R1version.pdf
Idaho	https://phd3.idaho.gov/wp-content/uploads/2017/10/combined-food-lists-16.pdf
Illinois	https://www.dhs.state.il.us/onenetlibrary/27897/documents/brochures/4207.pdf
Indiana	https://www.in.gov/isdh/files/2017-in-wic-food-card.pdf
Iowa	https://ebtshopper.com/wic-eligible-foods/iowa-food-guide/
Indian Township Passamaquoddy	*
Inter-Tribal Council of Arizona	https://itcaonline.com/wp-content/uploads/2016/01/WIC-PARTICIPANT-BOOK-182-2016-ENG-8-2016.pdf
Inter-Tribal Council of Nevada	*
Inter-Tribal Council of Oklahoma	https://www.mcn-nsn.gov/wp-content/uploads/2019/11/FFY2020-Oklahoma-Unified-WIC-Approved-Food-Card.pdf
Kansas	http://www.kansaswic.org/WIC_approved_foods/
Kentucky	https://ebtshopper.com/wic-eligible-foods/kentucky-wic-food-guide-english/
Louisiana	http://ldh.la.gov/assets/oph/nutrition/WIC/FoodBrochure.pdf
Maine	https://www.maine.gov/dhhs/mecdc/population-health/wic/documents/Participant-Pages-rv2.pdf
Maryland	https://phpa.health.maryland.gov/wic/Documents/MDWIC%20FoodsList_English_revised%20MCE%20FINAL.pdf
Massachusetts	https://www.mass.gov/doc/wic-food-guide/download
Michigan	https://www.michigan.gov/documents/mdch/Food_Guide_FINAL_English_437204_7.pdf
Minnesota	https://www.health.state.mn.us/docs/people/wic/vendor/fpchnng/shopguide.pdf

WIC Agency	Link to Approved Foods
Mississippi	To view the list, download the WIC App for Apple: https://apps.apple.com/us/app/ms-wic/id1450413254 or Android: https://play.google.com/store/apps/details?id=io.wic.mdh
Mississippi Band of Choctaw	*
Missouri	https://health.mo.gov/living/families/wic/pdf/MissouriWICApprovedFoodList2018.pdf
Montana	https://dphhs.mt.gov/Portals/85/publichealth/documents/WIC/ParticipantResources/ApprovedFoodList.pdf
Muscogee Creek Nation	https://www.mcn-nsn.gov/wp-content/uploads/2019/11/FFY2020-Oklahoma-Unified-WIC-Approved-Food-Card.pdf
Navajo Nation	*
Nebraska	http://dhhs.ne.gov/WIC%20Documents/WIC%20Food%20List%20and%20Shopping%20Guide%20English.pdf
Nevada	*
New Hampshire	https://www.dhhs.nh.gov/dphs/nhp/wic/documents/wic-approved-foods.pdf
New Jersey	https://www.state.nj.us/health/fhs/wic/documents/2020_foodlist_en.pdf
New Mexico	https://www.nmwic.org/shopping-with-wic/nm-wic-food-packages/
New York	https://www.health.ny.gov/publications/3791.pdf
North Carolina	https://www.nutritionnc.com/ewic/docs/ShoppingGuide-ENGLISH-02192020.pdf
North Dakota	*
Northern Arapaho	*
Ohio	https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/women-infants-children/media/wic-authorized-foods-list
Oklahoma	https://www.ok.gov/health2/documents/FFY2018%20Oklahoma%20Unified%20WIC%20Approved%20Food%20Card.pdf

WIC Agency	Link to Approved Foods
Omaha Nation	*
Oregon	https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/1001-food-list-engl-2019.pdf
Osage Nation	https://www.mcn-nsn.gov/wp-content/uploads/2019/11/FFY2020-Oklahoma-Unified-WIC-Approved-Food-Card.pdf
Otoe-Missouria Tribe	https://www.mcn-nsn.gov/wp-content/uploads/2019/11/FFY2020-Oklahoma-Unified-WIC-Approved-Food-Card.pdf
Pennsylvania	https://www.pawic.com/documents/Food%20List%20English.pdf
Pleasant Point Passamaquoddy Reservation	*
Pueblo of Isleta	https://www.isletapueblo.com/wp-content/uploads/2020/04/WIC-IsletaTemporarilyApprovedList-041520.pdf
Pueblo of San Felipe	*
Pueblo of Zuni	*
Puerto Rico	http://www.salud.gov.pr/Dept-de-Salud/Documents/WIC/Listado%20de%20Formulas.pdf
Rhode Island	https://health.ri.gov/publications/guides/WICFoodGuideAndIDFolder.pdf
Rosebud Sioux	https://342fa92b-3920-460e-92ae-469e6fc5e5f0.filesusr.com/ugd/a62f12_d66c101e-ae0b47b2b9099f1c8d812914.pdf
Santee Sioux Nation	*
Santo Domingo	http://santodomingotribe.org/women-infants-and-children/
South Carolina	https://scdhec.gov/sites/default/files/Library/ML-025486.pdf
South Dakota	https://sdwic.org/wp-content/uploads/WIC2018_FoodGuide_English_DIGITAL.pdf
Standing Rock Sioux Tribe	*

WIC Agency	Link to Approved Foods
Tennessee	https://www.tn.gov/content/dam/tn/health/documents/343020_WIC_Approved_Foods_16-18.pdf
Texas	https://texaswic.org/sites/default/files/inline-files/WIC-34%20Approved%20Foods%20Shopping%20GuideEnglish2019.pdf
Three Affiliated Tribes	*
U.S. Virgin Islands	*
Utah	https://wic.utah.gov/wp-content/uploads/sites/30/2019/09/WIC-Authorized-Food-Art-19-Online.pdf
Ute Mountain Ute Tribe	*
Vermont	https://www.healthvermont.gov/sites/default/files/documents/pdf/cyf_WIC_Benefits-Program-and-Food-Guide-2018%20-%20Copy.pdf
Virginia	https://www.vdh.virginia.gov/content/uploads/sites/44/2018/02/2018-WIC-Food-List-.pdf
Washington	https://www.doh.wa.gov/portals/1/Documents/Pubs/960-278-ShoppingGuide.pdf
West Virginia	https://dhhr.wv.gov/WIC/Documents/2020_Foodbooklet_for_web%209.23.20.pdf
WCD Tribes	https://wcdwic.org/wp-content/uploads/FFY2020-Oklahoma-Unified-WIC-Approved-Food-Card.pdf
Winnebago	https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/WIC_Approved_Foods_Booklet_11_1_10.pdf
Wisconsin	https://www.dhs.wisconsin.gov/publications/p4/p44578.pdf
Wyoming	https://health.wyo.gov/wp-content/uploads/2020/02/WIC_2020-02_FoodShoppingGuide_English-v3b.pdf

Nutrition Education

The WIC program provides nutrition education to all participants. The goal of this service is to initiate a change in diet and lifestyle to promote a lifelong maintenance of health and wellness. Program participants receive specific education and services based on their individual needs. These are determined in the participant's first WIC appointment. For more information about the appointment process, refer to [page 27](#) of this guide.

Depending on their needs, WIC program participants are given tips on how to eat healthy, instill good habits in their children and participate in an active lifestyle. During instruction, they can learn how to cook, prepare meals and how to shop for healthy food at the grocery store.

Nutrition education is provided at least twice per every six month period. Participants receive this at agencies and community centers in their area. Depending on the participant's preferences and nutritional needs, it can be given in the following methods:

- Face-to-face instruction (in group or individual settings)
- Online
- Over-the-phone

WIC coordinators work with participants to determine the best format of nutrition education. Some participants may prefer learning in a classroom setting, while others prefer learning through online materials. The format of education is determined at the first WIC appointment, but may be changed at any time if either the participant or the coordinator feel it is not effective.

In addition to the above, WIC programs provide reinforcements and take-home materials to further help participants gain the most out of the program. Depending on the WIC agency, participants receive the following reinforcements during their time in the program:

- Pamphlets
- Brochures
- Videos
- Slideshows

A follow-up assessment helps WIC coordinators determine if the nutrition education has been effective. State, territory and tribal WIC programs are required to provide an educational service for each participant at least twice for every six month period. Reinforcement materials listed above do not count as a service alone; they must be provided alongside a face-to-face, online or phone service.

During each nutrition education service, program participants are encouraged to engage in discussions and ask questions. If the education has been ineffective, the WIC coordinator will recommend a change in the type or method of instruction.

Breastfeeding Support and Services

Breastfeeding support is available to pregnant women and those who are breastfeeding. The USDA promotes different services in the four stages of breastfeeding.

Stage 1: Learn

In this stage, women are either preparing for or considering starting breastfeeding. They will learn about the entire process, including some common challenges they may face and how to overcome them. WIC agencies provide instruction on the following topics:

- The benefits of breastfeeding
- When to nurse and how long to nurse for
- Breastfeeding supplies
- How breast milk is made
- How to pump
- Breastfeeding rights (i.e. where and when you can pump)

Stage 2: Start

The next stage is the beginning of breastfeeding, which usually begins immediately after the birth of the infant. Women in this stage receive guidance and tips on the following topics:

- How to tell if the infant latches onto the nipple
- Common breastfeeding hold positions
- Cradle, cross-cradle and side-lying
- Treating sore nipples
- Storing and thawing excess breast milk
- Phases of breast milk
- How often to nurse

Stage 3: Overcome

In this stage, women learn how to overcome common breastfeeding challenges and connect to a community who may be going through similar struggles. They receive support for the following topics and/or issues:

- Cluster feeding and growth spurts
- Breastfeeding a teething baby
- Plugged ducts, mastitis and thrush
- Concerns about low milk supply
- Going back to work or school while breastfeeding

Stage 4: Thrive

Women in this stage are comfortable with breastfeeding and may wish to share their successes with women currently in the other stages. WIC agencies provide a platform for mothers who are interested in helping support the previous three stages.

Women can choose to become peer counselors in their area, offering guidance and an additional point of contact for others. Refer to [page 8](#) of this guide to find your WIC agency's contact information if you are interested in learning how to become a WIC counselor.

How WIC Benefits are Distributed to Participants

Most WIC participants across the country receive their benefits through an electronic benefits transfer (EBT) card. An EBT card is similar to a debit card. This system replaces paper vouchers and allows participants to check their balance online.

The WIC program is in the midst of a complete transition to EBT cards in each location. Most states, territories and tribes are fully EBT-operational, while others are still in the planning, implementation or pilot stages. The sections below outline the phases of each location and include information about estimated dates of shifting to the next phase.

Note: An asterisk (*) indicates the location does not have an estimated date of moving onto the next phase.

The following tribes are in the earliest stage of EBT implementation, the **planning phase**. These tribal WIC agencies do not have an EBT system and have a very small population of WIC participants:

- ACL - Acoma, Canoncito, and Laguna*
- Eight Northern Indian Pueblos*
- Five Sandoval Indian Pueblos*
- Indian Township Passamaquoddy*
- Pleasant Point Passamaquoddy*
- Pueblo of Zuni*
- Pueblo of San Felipe*
- Santo Domingo*

The following areas are in the **implementation phase**. These locations still have a paper voucher system, but are slowly transitioning to EBT cards:

- Cheyenne River Sioux Tribe - pilot phase to begin 8/17/20
- Eastern Shoshone - pilot phase to begin 8/17/20
- Georgia*
- New Jersey*
- Northern Arapaho - pilot phase to begin 8/17/20
- Omaha Nation - pilot phase to begin 8/17/20
- Puerto Rico*
- Rosebud Sioux Tribe - pilot phase to begin 8/17/20
- Santee Sioux Nation - pilot phase to begin 8/17/20
- Standing Rock Sioux Tribe - pilot phase to begin 8/17/20
- Three Affiliated Tribes - pilot phase to begin 8/17/20
- Ute Mountain Ute Tribe - pilot phase to begin 8/17/20
- Washington, DC*
- Winnebago - pilot phase to begin 8/17/20

The following areas are in the **pilot phase**, which means they are almost fully EBT-operational:

- California - estimated to be fully operational by 8/1/20
- Illinois - estimated to be fully operational by 9/28/20
- Maine - estimated to be fully operational by 9/30/20
- Missouri - estimated to be fully operational by 8/31/20
- Pennsylvania - estimated to be fully operational by 9/15/20
- Rhode Island - estimated to be fully operational by 9/28/20

The remaining states, territories and tribes have a statewide EBT system for all WIC participants.

How do WIC EBT cards work?

Once you are accepted into the program, you will receive an EBT card loaded with your WIC food benefits. If you have multiple family members approved for the WIC program, all their food benefits will be loaded onto the same card. You can use your EBT card at participating stores and retailers just like a regular debit card with a personal identification number (PIN).

You do not need to purchase all your food benefits at once. If you have any benefits left on the EBT card after making a trip to a participating retailer, the receipt will display your remaining balance.

Your EBT card will be replenished with food benefits at each WIC appointment, which typically occurs every two to three months. However, due to COVID-19 restrictions, in-person visits may not be offered by your local WIC agency. Refer to [page 29](#) of this guide for more information on how to get in contact with your local office.

How do I replace a lost EBT card?

If your EBT card is lost, stolen or damaged, you must replace it to continue purchasing food with WIC benefits. Your WIC benefits are issued by your local WIC clinic, so you must begin the replacement procedure with your agency. Refer to [page 8](#) of this guide for a list of contact information in each state, territory and tribe.

When you contact your local WIC agency, they will immediately shut off your EBT card to prevent others from using it on your behalf. If you find your misplaced card after it is shut off, you cannot reactivate it or use it. You need to get a new card to continue using your benefits.

To receive a new EBT card, you will need to make an appointment with your local clinic. A WIC coordinator must verify your identity to protect against fraud, so you must bring the following to your appointment:

- A driver's license or state-issued form of ID
- A school ID card
- A previous WIC balance statement
- WIC receipts
- Your WIC approval letter

Depending on when your card goes missing, you may not be able to save any unused benefits that were left on the EBT card. If you lose your card at the end of the month and receive a replacement card in the next month, it will not carry over the unused benefits. Each state, territory and tribal WIC agency may have slightly different rules regarding replacement cards, so the WIC program recommends contacting your local clinic for specific card issues. Find a list of WIC contact information on [page 8](#) of this guide.

How long can I receive WIC benefits?

Your WIC benefits remain valid for a specific amount of time, which varies depending on your child’s age or your stage of pregnancy or breastfeeding. Infants and children are eligible from birth to age 5.

The table below includes information about how long women can receive WIC benefits.

Stage of Pregnancy/Breastfeeding	Benefits Remain Valid For:
During pregnancy	6 weeks after birth
Postpartum, not breastfeeding	6 months after birth
Postpartum, mostly breastfeeding	1 year after birth
Postpartum, fully breastfeeding	1 year after birth

WIC Extensions and Waivers

State, territory and tribal WIC agencies may grant special waivers or extensions of benefits in times of crises and national emergencies, including the COVID-19 pandemic. The following waivers are available from the USDA:

Extended Benefits Issuance Waivers

WIC agencies can issue up to four months of WIC benefits on EBT cards at one time. This reduces the need for physical contact with WIC employees.

Physical Presence Waivers

WIC agencies that approve this waiver eliminate the need for participants to visit a clinic in person when enrolling or re-enrolling in the program.

Remote Benefit Issuance Waivers

WIC agencies that approve this waiver can issue benefits remotely so that participants do not have to pick up their benefits in person.

Food Package Substitution Waivers

WIC agencies can choose to substitute certain food package items when availability is limited. They are also allowed to alter their approved-foods lists as needed.

Minimum Stocking Requirements Waivers

These waivers help address supply challenges at retailers that accept WIC benefits. Due to the COVID-19 pandemic, stores are limited in the quantity and variety of food they can stock. Stores located in areas that have minimum stocking requirements would be further burdened by this requirement. As a response, the USDA offers a waiver for these retailers so they are not met with fines for failing to meet minimum requirements.

COVID-19 WIC Waivers by State, Territory and Tribe

The chart below provides information on the types of waivers approved in each state, territory and tribe.

Location	Extended Benefits Issuance	Physical Presence	Remote Benefit Issuance	Food Package Substitution	Minimum Stocking Requirement
Acoma, Canoncito & Laguna Tribes		✓	✓	✓	✓
Alabama		✓	✓	✓	
Alaska		✓	✓	✓	
American Samoa		✓	✓		

Location	Extended Benefits Issuance	Physical Presence	Remote Benefit Issuance	Food Package Substitution	Minimum Stocking Requirement
Arizona		✓	✓	✓	
Arkansas	✓	✓	✓	✓	✓
California					
Cherokee Nation	✓	✓	✓		
Cheyenne River Sioux		✓	✓	✓	
Chickasaw Nation		✓	✓	✓	
Choctaw Nation of Oklahoma		✓	✓		✓
Citizen Potawatomi Nation		✓	✓	✓	✓
Colorado		✓	✓	✓	
Commonwealth Northern Mariana Islands (CNMI)		✓	✓		
Connecticut		✓	✓	✓	
Delaware		✓	✓	✓	
District of Columbia		✓	✓	✓	
Eastern Band of Cherokee		✓	✓	✓	

Location	Extended Benefits Issuance	Physical Presence	Remote Benefit Issuance	Food Package Substitution	Minimum Stocking Requirement
Eastern Shoshone		✓	✓		
Eight Northern Indian Pueblo Council		✓	✓		
Five Sandoval Indian Pueblos		✓	✓	✓	
Florida		✓	✓	✓	
Georgia		✓	✓	✓	✓
Guam		✓	✓	✓	✓
Hawaii		✓	✓	✓	
Idaho		✓	✓	✓	
Illinois		✓	✓	✓	✓
Indian Township Passamaquoddy		✓	✓		
Indiana		✓	✓	✓	✓
Iowa		✓	✓	✓	
Inter-Tribal Council of Arizona		✓	✓	✓	✓
Inter-Tribal Council of Nevada		✓	✓		
Inter-Tribal Council of Oklahoma		✓	✓	✓	✓
Kansas		✓	✓	✓	

Location	Extended Benefits Issuance	Physical Presence	Remote Benefit Issuance	Food Package Substitution	Minimum Stocking Requirement
Kentucky		✓	✓	✓	
Louisiana	✓	✓	✓	✓	
Maine		✓	✓	✓	
Maryland		✓	✓	✓	
Massachusetts		✓	✓	✓	✓
Michigan		✓	✓		
Minnesota		✓	✓	✓	
Mississippi		✓	✓		✓
Mississippi Band of Choctaw		✓	✓		
Missouri		✓	✓	✓	
Montana		✓	✓	✓	
Muscogee Creek Nation		✓	✓		✓
Navajo Nation		✓	✓	✓	✓
Nebraska		✓	✓	✓	
Nevada		✓	✓	✓	
New Hampshire		✓	✓	✓	
New Jersey		✓	✓	✓	✓

Location	Extended Benefits Issuance	Physical Presence	Remote Benefit Issuance	Food Package Substitution	Minimum Stocking Requirement
New Mexico	✓	✓	✓	✓	
New York		✓	✓		
North Carolina		✓	✓	✓	
North Dakota		✓	✓	✓	
Northern Arapaho		✓	✓		
Ohio		✓		✓	✓
Oklahoma		✓	✓		
Omaha Nation		✓	✓		
Oregon		✓	✓	✓	
Osage Nation		✓	✓		
Otoe-Missouria Tribe		✓	✓	✓	
Pennsylvania		✓	✓	✓	✓
Pleasant Point Passamaquoddy Reservation		✓	✓	✓	
Pueblo of Isleta	✓		✓	✓	✓
Pueblo of San Felipe		✓			
Pueblo of Zuni		✓	✓	✓	✓
Puerto Rico		✓	✓		

Location	Extended Benefits Issuance	Physical Presence	Remote Benefit Issuance	Food Package Substitution	Minimum Stocking Requirement
Rhode Island		✓	✓	✓	
Rosebud Sioux		✓	✓	✓	
Santee Sioux Nation		✓	✓	✓	
Santo Domingo		✓			
South Carolina		✓	✓	✓	✓
South Dakota		✓	✓	✓	
Standing Rock Sioux Tribe		✓	✓	✓	
Tennessee		✓	✓	✓	✓
Texas	✓	✓	✓	✓	
Three Affiliated Tribes		✓	✓		
U.S. Virgin Islands		✓	✓	✓	
Utah		✓	✓	✓	
Ute Mountain Ute Tribe		✓	✓		
Vermont		✓	✓	✓	
Virginia		✓	✓	✓	
Washington		✓	✓	✓	
West Virginia		✓	✓	✓	
WCD Tribes		✓	✓		✓

Location	Extended Benefits Issuance	Physical Presence	Remote Benefit Issuance	Food Package Substitution	Minimum Stocking Requirement
Winnebago		✓	✓		
Wisconsin		✓		✓	
Wyoming		✓	✓	✓	

Transferring WIC Benefits

If you plan to move or relocate to another state, you can still keep your WIC benefits during your move. The steps below outline the process of transferring your WIC benefits to another state.

- 01** Notify your local WIC office. You must complete a transfer of benefits at the WIC office by notifying them of your intent to move.
- 02** Keep a copy of your WIC transfer form. You will need to provide this form to your new WIC office after you move. If you do not have this transfer form, you can request your old office to fax your verification of certification (VOC) to your new office. This form verifies that you were approved for WIC benefits and received them in your previous state.
- 03** Schedule a WIC appointment in your new area. You will meet with a WIC coordinator to determine the benefits or services you can receive in your new state.
- 04** Receive a new WIC EBT card. You will receive this during your appointment.
- 05** Purchase WIC-approved foods at approved retailers in your new state.

If you are moving to another area within your current state, the process of transferring your benefits is simple. As long as you have valid WIC benefits and are due to receive more, you can use them at any authorized retail location across your state.

Notify your current WIC office that you are relocating to another area and wish to visit a local WIC office. Your current WIC office will help you locate your closest office and transfer your WIC certification documents to your new office. You can find your closest clinic by using the locator tool provided on [page 8](#) of this guide.



The WIC Farmers' Market Nutrition Program (FMNP)

The Farmers' Market Nutrition Program (FMNP) provides coupons to WIC participants to use at **farmers' markets and produce stands approved by the USDA**. These coupons are issued in addition to standard food benefits. The primary goal of the program is to provide locally grown fresh produce to WIC participants while raising awareness about local farms and farm stands.

There is a \$30 maximum coupon amount throughout the country per summer growing season. Some states, territories and tribes may have a lower limit, but per USDA rules, participants cannot get more than \$30 total.

FMNP currently operates in 40 states, Washington DC, Guam, Puerto Rico, the U.S. Virgin Islands and several tribal nations.

Each state, territory and tribe with an operating FMNP has several USDA-approved farmers' markets and produce stands in the area, which are listed in their local program's food guide.

The table below includes the list of areas that have a Farmers' Market Nutrition Program and the link to that location's main FMNP webpage for more information.

Note: An asterisk (*) indicates the location has a FMNP program, but a main webpage is unavailable on the website.

State, Territory or Tribal Nation	Farmers' Market Nutrition Program Main Page	Phone Number
Alabama	http://www.fma.alabama.gov/Sweet_Grown.aspx	334-240-7247
Alaska	http://dhss.alaska.gov/dpa/Pages/nutri/fmnp/default.aspx	907-465-3100
Arizona	https://www.azdhs.gov/prevention/azwic/farmers-markets/index.php	833-836-8253
Arkansas	https://www.healthy.arkansas.gov/programs-services/topics/farmers-market-nutrition-program	501-661-2508
California	https://www.cdph.ca.gov/Programs/CFH/DWICSN/Pages/FarmersMarkets.aspx	916-928-8513
Chickasaw Nation	https://www.chickasaw.net/Services/Health-Wellness/Farmers'-Market-Programs.aspx	580-436-7255
Choctaw Nation	*	580-920-2100 ext. 83517
Connecticut	https://portal.ct.gov/DOAG/ADaRC/ADaRC/WIC-and-Senior-Farmers-Market-Nutrition-Program	860-713-2503
Delaware	https://www.dhss.delaware.gov/dhss/dph/chca/files/farmersmarketflyer.pdf	302-741-2900

State, Territory or Tribal Nation	Farmers' Market Nutrition Program Main Page	Phone Number
District of Columbia	http://dchealth.dc.gov/page/farmers-market-nutrition-program	202-535-2993
Five Sandoval Indian Pueblos	*	505-771-5386
Florida	https://www.fdacs.gov/Food-Nutrition/Nutrition-Programs/WIC-Farmers-Market-Nutrition-Program	850-617-7164
Georgia	https://dph.georgia.gov/farmers-market	800-228-9173
Guam	http://dphss.guam.gov/wp-content/uploads/2019/07/Appendix-F-2019-FMNP-Participants-Rights-and-Responsibilities-Brochure-7-8-19.pdf	671-475-0287
Illinois	https://www.dhs.state.il.us/page.aspx?item=38054	217-782-2166
Indiana	https://www.in.gov/isdh/24776.htm	800-522-087
Iowa	https://iowaagriculture.gov/agricultural-diversification-market-development-bureau/farmers-market-nutrition-program	515-281-6650
Kentucky	*	502-564-3827
Louisiana	http://www.ldaf.state.la.us/wp-content/uploads/2020/06/Farmers-Markets-2020.pdf	800-251-2229
Maine	https://www11.maine.gov/dhhs/mecdc/population-health/wic/documents/Farmer/WICFarmerBrochure.pdf	207-287-3991

State, Territory or Tribal Nation	Farmers' Market Nutrition Program Main Page	Phone Number
Maryland	https://mda.state.md.us/maryland_products/Documents/Brief-Overview-FMNP-Program.pdf	800-242-4942
Massachusetts	https://www.mass.gov/farmers-market-nutrition-program	800-942-1007
Michigan	https://www.michigan.gov/mdhs/0,5885,7-339-71547_4910_4921--,00.html	517-335-8625
Minnesota	https://www.mda.state.mn.us/food-feed/information-wic-participants	651-201-6494
Mississippi	https://www.mdac.ms.gov/agency-info/programs/mississippi-farmers-market-nutrition-program/	601-359-1100
Mississippi Band of Choctaw	https://www.choctaw.org/government/tribalServices/health/wic/farmersMarket.html	601-656-2211
Montana	https://dphhs.mt.gov/publichealth/wic/farmdirect	406-444-2841
Nebraska	https://ourbesttoyou.nebraska.gov/programs.html	402-471-6857
Nevada	https://nevadawic.org/about/other-services/wic-farmers-market/	800-863-8942
New Jersey	https://www.nj.gov/agriculture/divisions/md/prog/wic.html	609-292-9560
New Mexico	https://farmersmarketsnm.org/resources/food-access/wic-fmnp/	866-867-3124

State, Territory or Tribal Nation	Farmers' Market Nutrition Program Main Page	Phone Number
New York	https://agriculture.ny.gov/consumer-benefits-farmers-markets#farmers-market-nutrition-program-overview	800-522-5006
North Carolina	https://www.nutritionnc.com/wic/fmarket.htm	919-707-5800
Ohio	https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/wic-farmers-market-nutrition-program/resources/wic-farmers-market-nutrition-program	614-644-7570
Oregon	https://www.oregon.gov/OHA/PH/HEALTHYPEOPLEFAMILIES/WIC/Pages/fruitandveggie.aspx	971-673-0040
Osage Nation	https://www.osagenation-nsn.gov/what-we-do/women-infants-children-program	918-287-5368
Pennsylvania	https://www.agriculture.pa.gov/Food/food_assistance/Farmers%20Senior%20Farmers%20Market%20Nutrition%20Program/Pages/default.aspx	717-787-4737
Puerto Rico	*	787-766-2805
Rhode Island	https://health.ri.gov/programs/wic/about/farmersmarkets/	401-222-4604
San Felipe Pueblo	*	505-771-7203
South Carolina	https://www.scdhec.gov/health/wic-nutrition-program/what-does-wic-offer/farmers-market-nutrition-program	803-898-0744
Tennessee	https://www.tn.gov/content/tn/health/health-program-areas/fhw/farmers/wic-fmnp.html	615-741-7218

State, Territory or Tribal Nation	Farmers' Market Nutrition Program Main Page	Phone Number
Texas	https://texasfarmersmarket.org/food-access-programs/	877-839-6325
U.S. Virgin Islands	*	340-690-5088
Vermont	https://dcf.vermont.gov/benefits/f2f	802-652-4171
Washington	https://www.doh.wa.gov/YouandYourFamily/WIC/FarmersMarket/WICFMNP	800-841-1410
West Virginia	https://dhhr.wv.gov/WIC/Pages/Farmers-Market.aspx	304-558-0030
Wisconsin	https://www.dhs.wisconsin.gov/wic/fmnp/index.htm	608-266-9824

Additional Resources

In addition to WIC, the federal government provides several other resources to families and individuals who need food or financial assistance. To qualify for these programs, applicants must meet certain income requirements. Individuals who qualify for WIC may also qualify for the following assistance programs.

Food Benefits

- Supplemental Nutrition Assistance Program (SNAP): <https://www.fns.usda.gov/snap/state-directory>

Cash Benefits

- Temporary Assistance for Needy Families (TANF): <https://www.acf.hhs.gov/ofa/programs/tanf>

Healthcare

- Medicaid: <https://www.medicaid.gov/>



Sources

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1.1. <https://www.fns.usda.gov/disaster/pandemic/covid-19>

1.1.0. Extended Benefits Issuance Waivers

1.1.0.1. <https://www.fns.usda.gov/wic/covid-19/extended-benefits-issuance-waivers>

1.1.1. Physical Presence Waivers

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1.1.2. Remote Benefit Issuance Waivers

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1.1.3. Food Package Substitution Waivers

1.1.3.1. <https://www.fns.usda.gov/wic/food-package-substitution-waiver>

1.1.4. Minimum Stocking Requirements Waivers

1.1.4.1. <https://www.fns.usda.gov/wic/covid-19/wic-minimum-stock-waiver>

1.2. COVID-19 WIC Waivers by State, Territory and Tribe

1.2.0. <https://www.nwica.org/wic-basics>

1.2.1. <https://www.fns.usda.gov/wic/covid-19/extended-benefits-issuance-waivers>

1.2.2. <https://www.fns.usda.gov/disaster/pandemic/covid-19/wic-physical-presence-waiver>

1.2.3. <https://www.fns.usda.gov/disaster/pandemic/covid-19/wic-remote-benefit-issuance-waiver>

1.2.4. <https://www.fns.usda.gov/wic/food-package-substitution-waiver>

2. What is the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) program?

<https://www.fns.usda.gov/wic>

2.1. Basic WIC Eligibility

2.1.0. <https://www.fns.usda.gov/wic/wic-eligibility-requirements>

2.2. Federal WIC Contact Information

2.2.0. <https://www.fns.usda.gov/wic/frequently-asked-questions-about-wic>

2.3. WIC vs. Food Stamps

2.3.0. <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

2.3.1. <https://www.fns.usda.gov/wic>

3. WIC Contact Information by State, Territory and Tribe

3.1. [https://www.fns.usda.gov/contacts?f\[0\]=program%3A32](https://www.fns.usda.gov/contacts?f[0]=program%3A32)

3.2. <https://www.nwica.org/wic-basics>

4. WIC Program Eligibility Requirement

4.1. WIC Income Requirements

4.1.0. <https://www.fns.usda.gov/wic/frequently-asked-questions-about-wic>

4.1.1. https://fns-prod.azureedge.net/sites/default/files/resource-files/WPM-2020-4-WIC_IEG_2020-2021-Memo_corrected_508.pdf

4.2. Age and Stage of Pregnancy Requirement

4.2.0. <https://www.fns.usda.gov/wic/wic-eligibility-requirements>

4.3. Residency Requirement

4.3.0. <https://www.fns.usda.gov/wic/wic-eligibility-requirements>

4.4. Nutrition Risk Requirement

4.4.0. <https://www.fns.usda.gov/wic/frequently-asked-questions-about-wic>

4.4.1. <https://www.fns.usda.gov/wic/wic-eligibility-requirements>

4.4.2. <https://fns-prod.azureedge.net/sites/default/files/2011-5-WICNutritionRiskCriteria.pdf>

5. WIC Application Process

5.1. When to Apply for WIC

5.2. WIC Certification Appointment

5.2.0. <https://www.fns.usda.gov/wic/wic-eligibility-requirements>

5.2.1. <https://www.wicstrong.com/about/your-first-appointment/>

5.2.2. <https://wicworks.fns.usda.gov/node/qualifications-competent-professional-authority>

5.2.3. Information Needed for a WIC Application

5.2.3.1. <https://www.fns.usda.gov/wic/wic-how-apply>

5.2.4. Documents Needed for the WIC Appointment

5.2.4.1. Documents Proving Identity

5.2.4.1.1. <https://www.energy.gov/cio/acceptable-documents-identity-proofing>

5.2.4.2. Documents Proving Income

5.2.4.2.1. <https://www.healthcare.gov/help/how-do-i-resolve-an-inconsistency/#household->

[income](#)

5.2.5. Documents Proving Residency

5.3. How to Apply to WIC and Schedule an Appointment by State, Territory and Tribe

5.3.0. www.aclwic.org

5.3.1. <http://www.alabamapublichealth.gov/wic/apply.html>

5.3.2. <http://dhss.alaska.gov/dpa/pages/nutri/wic/default.aspx>

5.3.3. <http://aswic.com/how-to-apply/>

5.3.4. <http://clinicsearch.azbnp.gov>

5.3.5. <https://www.health.arkansas.gov/programs-services/topics/wic>

5.3.6. <https://m.wic.ca.gov/Clinics/ClinicSearch.aspx>

5.3.7. <https://health.cherokee.org/public-health/women-infants-children/>

5.3.8. <https://www.nwica.org/states/cheyenne-river-sioux-tribe>

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5.3.11. <https://www.potawatomi.org/services/health/wic/>

5.3.12. <https://www.coloradowic.gov>

5.3.13. <http://www.cnmicclp.gov.mp/woman-infants-and-children-program-wic/>

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- 5.3.50. <https://www.nj.gov/health/fhs/wic/>
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- 5.3.53. <https://www.nutritionnc.com/wic/index.htm>
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6. WIC Denials and Appeals

6.1. Common Reasons for an Application Denial

6.1.0. <https://www.fns.usda.gov/wic/who-gets-wic-and-how-apply>

6.2. When to File an Appeal

6.3. How to File an Appeal

6.3.0. <https://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC/Documents/ppm/458.pdf>

6.3.1. <http://ldh.la.gov/assets/oph/Center-PHCH/Center-PH/nutrition/wic/Chapter5CivilRights.pdf>

6.3.2. https://www.healthvermont.gov/sites/default/files/documents/pdf/WIC_FairHearingRequest_AppealForm.pdf

6.3.3. https://health.mo.gov/living/families/wic/pdf/R_Posters_Fair_Hearings.pdf

6.3.4. https://www.health.ny.gov/prevention/nutrition/wic/req_fair_hearing.htm

7. WIC Waiting Periods

7.1. What is the WIC priority system?

7.1.0. <https://www.fns.usda.gov/wic/frequently-asked-questions-about-wic>

8. WIC Benefits

8.1. WIC Food Packages

8.1.0. Infant Food Packages

8.1.0.1. <https://fns-prod.azureedge.net/sites/default/files/wic/SNAPSHOT-of-WIC-Child-Women-Food-Pkgs.pdf>

8.1.0.2. <https://fns-prod.azureedge.net/sites/default/files/wic/SNAPSHOT-of-Infant-Food-Pkgs.pdf>

8.1.0.3. <https://www.fns.usda.gov/wic/fr-030414>

8.1.0.4. <https://wicworks.fns.usda.gov/resources/wic-infant-formula-calculator-instructions>

8.1.0.5. https://www.ecfr.gov/cgi-bin/text-idx?SID=b24ad5d7b8328074f2ed02ff4b9fc3a2&node=se7.4.246_110&rgn=div8

8.1.0.5.1. Minimum Requirements for Infant Food <https://www.govinfo.gov/content/pkg/USCODE-2010-title21/pdf/USCODE-2010-title21-chap9-subchapII-sec321.pdf>

8.1.0.5.2. Infant Formula Rebate System

8.1.0.5.3. <https://www.fns.usda.gov/wic/frequently-asked-questions-about-wic>

8.1.0.5.4. <https://www.ers.usda.gov/amber-waves/2015/october/infant-formula-manufacturers-offer-large-rebates-to-win-wic-contracts/>

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8.1.1. Food Packages for Children

8.1.1.1. https://www.ecfr.gov/cgi-bin/text-idx?SID=b24ad5d7b8328074f2ed02ff4b9fc3a2&node=se7.4.246_110&rgn=div8

8.1.1.2. <https://www.fns.usda.gov/wic/wic-food-packages-maximum-monthly-allowances>

8.1.2. Food Packages for Women

8.1.2.1. https://www.ecfr.gov/cgi-bin/text-idx?SID=b24ad5d7b8328074f2ed02ff4b9fc3a2&node=se7.4.246_110&rgn=div8

8.1.2.2. https://wicworks.fns.usda.gov/sites/default/files/media/document/WIC%20Food%20Package%20Policy%20Guidance%20Mar2018_508c.pdf

8.1.2.3. <https://www.fns.usda.gov/wic/wic-food-packages-maximum-monthly-allowances>

8.2. WIC-Approved Foods (links in guide)

8.3. Nutrition Education

8.3.0. https://wicworks.fns.usda.gov/wicworks/Learning_Center/ntredguidance.pdf

8.3.1. https://wicworks.fns.usda.gov/wicworks/Learning_Center/nutrition_educationFAQ.pdf

8.4. Breastfeeding Support and Services

8.4.0. <https://wicbreastfeeding.fns.usda.gov>

8.4.1. <https://wicbreastfeeding.fns.usda.gov/become-wic-peer-counselor>

8.4.2. <https://wicbreastfeeding.fns.usda.gov/thrive>

8.4.3. <https://wicbreastfeeding.fns.usda.gov/overcome>

8.4.4. <https://wicbreastfeeding.fns.usda.gov/start>

8.4.5. <https://wicbreastfeeding.fns.usda.gov/learn>

8.5. How WIC Food Benefits are Distributed

8.5.0. <https://fns-prod.azureedge.net/sites/default/files/resource-files/July2020WICEBTActivityMap.pdf>

8.5.1. How do WIC EBT cards work?

8.5.1.1. <https://www.fns.usda.gov/wic/wic-ebt-activities>

8.5.2. How to Replace a lost EBT Card

8.5.2.1. <https://wicassistance.org/after-applying-for-wic/lost-wic-card/>

8.5.3. How long can I receive WIC benefits?

8.5.3.1. <https://americanpregnancy.org/first-year-of-life/wic-eligibility/>

8.5.3.2. <https://www.fns.usda.gov/wic/who-gets-wic-and-how-apply>

8.6. WIC Extensions

8.6.0. <https://www.fns.usda.gov/disaster/pandemic/covid-19>

8.6.1. <https://www.fns.usda.gov/disaster/pandemic/covid-19/wic-waivers-flexibilities>

8.7. Transferring WIC Benefits to Another State

8.7.0. <https://www.fns.usda.gov/wic/who-gets-wic-and-how-apply>

9. The WIC Farmers' Market Nutrition Program (FMNP)

9.1. <https://fns-prod.azureedge.net/sites/default/files/resource-files/FMNP-FY-2019-Profile.pdf>

9.2. <https://www.fns.usda.gov/fmnp/wic-farmers-market-nutrition-program>

9.3. (links in guide)

10. Additional Resources (links in guide)

YOUR FREE GUIDE TO

WIC

Special Supplemental Nutrition Program
for Women, Infants and Children