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

WIC provides:
- Supplemental foods high in nutrients during a time of critical growth and development
- Nutrition education aimed at improving dietary habits and health as well as highlight the relationship between nutrition and health
- Information and support for breastfeeding
- Referrals for other health services

The Arkansas WIC Program is managed by the Arkansas Department of Health.

Who can get WIC benefits?
Pregnant women, breastfeeding women, postpartum women, infants, and children under the age of 5 years old are eligible if they:
- **Live in Arkansas.** There is no waiting period to meet the residency requirement.
- **Meet income guidelines.** WIC guidelines are set at 185% of poverty and change each year. When you apply, you will have to give proof of your income. Proof can include current check stubs, W-2 forms, current income tax return, proof of eligibility for Medicaid (including ARKids), TEA, SNAP (food stamps).
- **Have nutritional risk.** If you apply, you must be seen by a health professional. This can be a doctor, nurse, or nutritionist. They will determine whether you are at nutrition risk. Nutritional risk means that you have a medical-based or dietary-based condition. This can mean low blood levels (like anemia), being overweight, being underweight, or simply having a poor diet.

What foods can I get with WIC?
The foods that you can get with WIC include:
- iron-fortified infant formula
- infant cereal
- infant baby food fruits and vegetables
- iron-fortified adult cereal
- milk
- cheese
- eggs
- whole grains
- dried or canned beans
- fruits and vegetables
- juice
- peanut butter
- canned fist

WIC can also cover special infant formula if it has been prescribed by a doctor for a specific medical condition. A soy-based drink is also available as a milk alternative, but a prescription is required.

### Income Limits to Apply for WIC
Effective from July 1, 2014 to June 30, 2015.

<table>
<thead>
<tr>
<th>Family Size</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monthly Gross Income</td>
<td>$1,800</td>
<td>$2,426</td>
<td>$3,051</td>
<td>$3,677</td>
<td>$4,303</td>
</tr>
</tbody>
</table>

(Add $626 per month for each additional family member.)

How do I apply?
You can apply for and get WIC in any county in Arkansas. Call your Local Health Unit or call the State Office at 501-661-2473 to make an appointment. You can also e-mail wic.program@arkansas.gov.

What do I bring to the appointment?
- ID for yourself and each child
- Proof that you are an Arkansas resident
- Proof of income
- Any child or children you are applying for

For more information, visit www.healthy.arkansas.gov/wic.