

WIC Fact Sheet

What is WIC?

WIC is a nutrition program that helps participants eat well and stay healthy. The WIC program provides:

- Nutrition education
- One on one counseling about nutrition
- Coupons to buy healthy foods
- Support and help with breastfeeding
- Referrals to health care, immunizations, and other programs.

Who is WIC for?

- Women who are pregnant, breastfeeding, or who recently had a baby. You can stay on WIC for one year after your baby is born if you are breastfeeding, or for six months if not breastfeeding.
- Infants from birth to 1 year of age
- Children from 1 year of age to their 5th birthday.
- Must live in Michigan and meet income and health guidelines.

What you can expect from WIC?

- Nutrition education
- Health information
- Healthy WIC foods
- Links to other programs and services

To get WIC you need to:

- Have a nutritional and/or medical need
AND
- Meet the WIC income guidelines
- Applicants with proof of Medicaid (to see if you qualify for Medicaid please go to <http://www.mfia.state.mi.us/mars/>), Food Stamps or DHS Cash Assistance also qualify for WIC

2008 **WIC Income Guidelines**

Family size*	Income (maximum income to qualify)**	
	Weekly	Yearly
1	\$ 370	\$19,240
2	\$ 499	\$25,900
3	\$ 627	\$32,560
4	\$ 755	\$39,200
5	\$ 883	\$45,880
6	\$1,011	\$52,540
7	\$1,139	\$59,200
8	\$1,267	\$65,860

For each additional person add:

\$129

\$6,660

*Family size includes your unborn baby

**Gross Income (before taxes)

What happens at your WIC appointment?

We check to see if you or your child is eligible for WIC. This means

- You bring proof of identity
- You bring proof of address
- You bring proof of income (pay stub, W-2, etc) or ACTIVE Medicaid card
- You and/or your child get your weight, height and blood iron measured.
- You talk to a health professional about good nutrition and healthy eating for you and your family
- If eligible, you get WIC coupons for you and/or your child.
- You make an appointment to come back in 1-3 months to pick up more coupons and to learn more about good nutrition and breastfeeding.

What happens if you move?

Tell WIC staff if you are planning to move. Take your WIC ID folder with you. Call the WIC program in your new area right away. To find the nearest WIC program in Michigan, call 1-800-26-BIRTH (1-800-262-4784).

What if you don't understand English well?

Translator services may be available.

What WIC expects of you:

- Keep your appointments
- Use WIC coupons correctly
- Improve the health and nutrition of you and your family

Local WIC numbers

Crawford County Health Department

202 Meadows Dr.
Crayling MI 49738
(989) 348-7800 Ext. 8004

Kalkaska County

625 Courthouse Dr.
Kalkaska, MI 49304
(231) 258-8669 Ext 8005

Lake County

5681 S. M-37
Baldwin, MI 49304
(231) 745-4831

Manistee County

385 Third St.
Manistee, MI 49660
(231)723-3971

Mason County

916 Diana St.
Ludington, MI 49431
(231)316-8584

Mecosta County

14485 Northland Dr.
Big Rapids, MI 49307
(231)592-9440

Missaukee County

6180 W. Sanborn Rd. Suite #1
Lake City, MI 49651
(231) 839-7167 Ext. 8006

Newaygo County

1049 Newell St.
PO Boxy 850
White Cloud, MI 49349
(231)689-7327

Grant Learning Center

156 E. State
Grant, MI 49327
(231)834-7239

Oceana County

3986 N. Oceana Dr.
Hart, MI 49420
(231)873-5813

WIC Migrant Clinic – Shelby

119 S. State St.
Shelby, MI 49455
(231)861-6349

Wexford County

521 Cobbs St
Cadillac, MI 49620
(231)876-3804