

WIC PROGRAM PRE-APPLICATION

NAME: _____

DATE OF BIRTH: _____

ADDRESS: _____

PHONE: _____

HOUSEHOLD SIZE: _____ PRE-TAX INCOME: _____

DO YOU RECEIVE MEDICAID? Y or N

DO YOU RECEIVE FOOD STAMPS? Y or N

PREGNANT? Y or N DUE DATE: _____

BREASTFEEDING? Y or N FOSTER CHILD? Y or N

HAVE YOU EVER BEEN ON WIC BEFORE? Y or N

IF SO, WHEN AND WHERE? _____

NAME OF CHILD	DATE OF BIRTH
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

HOW DID YOU HEAR ABOUT WIC?



Crawford County

501 Norway St., Grayling, MI 49738
 WIC (989) 688-8615

Kalkaska County

625 Courthouse Dr., Kalkaska, MI 49646
 WIC (231) 314-8625
 (231) 258-8669 WIC Extension: 8005

Lake County

5681 S. M-37, Baldwin, MI 49304
 WIC (231) 745-4831
 Or (231) 745-4663 WIC Extension: 8001

Manistee County

385 Third St., Manistee, MI 49660
 WIC (231) 723-3971
 Or (231) 723-3595 WIC Extension: 8007

Mason County

916 Diana St., Ludington, MI 49431
 WIC (231) 316-8584
 Or (231) 845-7381 WIC Extension: 8009

Mecosta County

14485 Northland Dr., Big Rapids, MI 49307
 WIC (231) 592-9440
 Or (231) 592-0130 WIC Extension: 8000

Missaukee County

6180 W. Sanborn Rd. Suite # 1, Lake City, MI 49651
 (231) 839-7167 WIC Extension: 8006
 Or WIC (231) 236-7584

Newaygo County

1049 Newell St. PO Box 850, White Cloud, MI 49349
 WIC (231) 689-7327
 Or (231) 689-7300 WIC Extension: 8002

Grant -WIC Clinic

105 S. Front St, PO Box 75, Grant, MI 49327
 WIC (231) 834-7239

Oceana County

3986 N. Oceana Dr., Hart, MI 49420
 WIC (231) 873-5813
 Or (231) 873-2193 WIC Extension: 8008

Wexford County

521 Cobb St., Cadillac, MI 49601
 WIC (231) 876-3804
 Or (231) 775-9942 WIC Extension: 8003



A Special Supplemental
 Nutrition Program for
Women, Infants, and Children



**District Health
 Department #10**
 Healthy People, Healthy Communities

This institution is an equal opportunity provider

Join WIC

It's easy to join WIC; however, many parents, caregivers, or family members don't know they qualify and just don't apply. Income levels are higher than you may think.

You can join WIC as soon as you find out you're pregnant and can receive food benefits right away. You will also receive nutritional information and education through individual meetings, classes, breastfeeding peer counselors, and registered dietitians.

Qualifications

- Pregnant women
- New moms
- Infants up to 12 months
- Children under 5
- Moms who have recently miscarried
- Fathers, adoptive parents, grandparents, other family members, foster parents, and other non-traditional custodial situations may be eligible to receive WIC benefits for infants/children in their care
- Meet income guidelines

If you receive Medicaid, Food Stamps, SSI or FIP (cash assistance), you automatically qualify for WIC!



WIC helps you buy healthy foods rich in protein, calcium, iron, folic acid, and other important nutrients, such as:

- Milk
- Peanut butter
- Yogurt
- Canned tuna or salmon*
- Fresh fruits and veggies
- Whole grain breads/tortillas
- 100% juice
- Baby foods
- Eggs
- Infant formula
- Cheese
- Soy milk
- Cereal
- Dry or canned beans or peas

**for breastfeeding exclusively moms only*



WIC also provides:

- Blood testing for lead
- Fluoride varnish
- Breastfeeding support and help
- Referrals to community services
- WIC bridge card to buy healthy food



Like us on Facebook: [WICBreastfeedingDHD10](https://www.facebook.com/WICBreastfeedingDHD10)

Your local WIC staff is here for you!

2023-2024 WIC Annual Income Guidelines 185% Federal Poverty Level

WIC Policy Memorandum #2023-4, Published March 31, 2023

Family Size*	Hourly 2080 Hours	Weekly 52 weeks	Biweekly 26 weeks	Monthly 12 months	Annual
1	\$12.96	\$519	\$1,038	\$2,248	\$26,973
2	\$17.53	\$702	\$1,404	\$3,041	\$36,482
3	\$22.11	\$885	\$1,769	\$3,833	\$45,991
4	\$26.68	\$1,068	\$2,135	\$4,625	\$55,500
5	\$31.25	\$1,251	\$2,501	\$5,418	\$65,009
6	\$35.82	\$1,434	\$2,867	\$6,210	\$74,518
7	\$40.39	\$1,616	\$3,232	\$7,003	\$84,027
8	\$44.96	\$1,799	\$3,598	\$7,795	\$93,536
9	\$49.54	\$1,982	\$3,964	\$8,588	\$103,045
10	\$54.11	\$2,165	\$4,329	\$9,380	\$112,554
11	\$58.68	\$2,348	\$4,695	\$10,172	\$122,063
12	\$63.25	\$2,531	\$5,061	\$10,965	\$131,572
13	\$67.82	\$2,714	\$5,427	\$11,757	\$141,081
14	\$72.39	\$2,896	\$5,792	\$12,550	\$150,590
15	\$76.97	\$3,079	\$6,158	\$13,342	\$160,099
16	\$81.54	\$3,262	\$6,524	\$14,134	\$169,608

*Pregnant woman is counted as one + the number of Infants expected when determining income eligibility for the Total Economic Unit

Breastfeeding moms get exclusive benefits

Moms that are exclusively breast-feeding receive:

- food for up to one year instead of only six months
- more food every month
- a larger variety of foods

WIC will also help with **breast pumps and parts**. We will show you how to put one together, use it, clean it, and fit it. Let us help you create a pump plan that works for you.



Visit us online: www.dhd10.org