About WIC

WIC is a supplemental food, nutrition, and support program for pregnant and postpartum women, infants, and children up to age 5.

Eligibility

To be eligible for WIC you must meet income guidelines and have a medical or nutritional risk. Contact us today to find out if you are eligible!

Important Information for WIC Visits

Please Bring the Following:
- ID (Mom and Child)
- Proof of Income
- Proof of Address
- Proof of Pregnancy
- Medical Card
- Mom and Child

Please call for more information on what documents can be used for WIC eligibility. WIC does not require proof of citizenship.

Women, Infants, and Children (WIC) & Family Case Management

Breastfeeding Support

Our Certified Lactation Consultants help WIC moms with questions or concerns about breastfeeding. We also have Medicaid breast pumps and limited loaner pumps.

For more information, contact Abby Graham, CLC at (815) 351-2521.

"It’s nice to have extra support in addition to the doctor’s office."
Amanda, Madelynn, & Sophia (Urbana)

"If not for WIC, I probably would have given up breastfeeding."
Saifei, Yong, & Sussannah (Urbana)
WIC Income Eligibility Guidelines

Effective July 1, 2017*

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Annual Income</th>
<th>Monthly Income</th>
<th>Weekly Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$22,311</td>
<td>$1,860</td>
<td>$430</td>
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<tr>
<td>2</td>
<td>$30,044</td>
<td>$2,504</td>
<td>$578</td>
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<tr>
<td>3</td>
<td>$37,777</td>
<td>$3,149</td>
<td>$727</td>
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<td>4</td>
<td>$45,510</td>
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<td>5</td>
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<td>6</td>
<td>$60,976</td>
<td>$5,082</td>
<td>$1,173</td>
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<td>$5,726</td>
<td>$1,322</td>
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<tr>
<td>8</td>
<td>$76,442</td>
<td>$6,371</td>
<td>$1,471</td>
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<tr>
<td>For each additional person</td>
<td>$7,733</td>
<td>$645</td>
<td>$149</td>
</tr>
</tbody>
</table>

*Income guidelines change annually.

WIC Foods

WIC foods provided depend upon the needs of each mom and child. Foods include:

- Baby Fruits and Vegetables
- Baby Meats
- Beans
- Cereal
- Cheese
- Eggs
- Fruit
- Infant Cereal
- Infant Formula
- Juice
- Milk
- Peanut Butter
- Tuna or Salmon
- Vegetables
- Whole Grains

Other Services

- Birth Control, Pregnancy Tests, Women’s Health Visits
- Child Immunizations, School & Sports Physicals, Pediatric Visits
- Flu Shots
- Child Car Seat Checks
- Genetics Referrals
- Healthworks

Help and support for low income pregnant women and babies under 1. Services include:

- Infant developmental screenings
- Maternal depression screenings
- Health education on pregnancy and infant care
- Information about resources such as food assistance, housing resources, and child care
- Home visits
- Advocating in the community

This institution is an equal opportunity provider.

“WIC has been extremely beneficial.”
Sara, Peyton, & Kyrie (Champaign)

“The attention and the help are great.”
Mayra & Owen (Urbana)