

# Income Guidelines

| 2023-2024 WIC Annual Income Guidelines<br>185% Federal Poverty Level |                         |                    |                         |                         |           |
|--|-------------------------|--------------------|-------------------------|-------------------------|-----------|
| WIC Policy Memorandum #2023-4, Published March 31, 2023              |                         |                    |                         |                         |           |
| Family Size*   | Hourly<br>2080<br>Hours | Weekly<br>52 weeks | Biweekly<br>26<br>weeks | Monthly<br>12<br>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

A pregnant woman is counted as 1 plus the number of infants expected.

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1. mail: U.S. Department of Agriculture  
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Women, Infants, and Children (WIC) is a Supplemental Nutrition Program of the Food and Nutrition Service of the United States Department of Agriculture through the Michigan Department of Community Health

The purpose of the WIC program is to provide nutrition education and tips for a healthy diet, supplemental foods, referrals and breastfeeding support.



## What Does Women Infants and Children (WIC) Offer?

### Foods for Infants (Birth-12 Months)

The WIC Program strongly encourages and provides support for breastfeeding. For babies who are not fully breastfed, iron-fortified infant formula is available for the first year of life. At six months, infants may also receive infant cereal and infant fruits and vegetables.

### Foods for Women and Children

Food packages provide fresh fruits and vegetables along with many iron fortified foods such as Milk, Cheese, Peanut Butter, Dry/Canned Beans, Eggs, Whole Grain Breads and Cereals.



### Nutrition Education

Infant and toddler feeding  
Breastfeeding  
Prenatal weight gain  
Anemia or iron deficiency

Child growth and development and other nutrition related health issues.

### High Risk Nutrition Counseling

Registered Dietitians at WIC provide individualized high risk nutrition counseling for participants with special medical conditions or nutrition-related health issues.

### Health Care Referrals

WIC refers participants for immunizations, substance abuse counseling and treatment, prenatal care, smoking cessation, lead screening, the Healthy Kids/MI Child program, dental care, education programs, and more.

### Project Fresh

WIC Project FRESH, provides eligible WIC participants with coupons to purchase locally grown fresh fruits and vegetables at farmers' markets. WIC participants receive these nutrition benefits in addition to their WIC food package.

## Do I qualify for WIC?

The WIC program is FREE to those who apply and meet the income guidelines (see back of brochure) You are eligible to apply if you are:

- Pregnant
- Breastfeeding
- Recently had a baby
- Infants ages birth -12 months
- Children between the ages of 1 and 5 years

## Benefits if the WIC Program

- WIC Improves pregnancy outcomes by providing or referring to support services
- WIC improves the diet of pregnant women and improves the length of pregnancy and infant birth weight.
- WIC reduces anemia among preschool children
- WIC reduces infant mortality by reducing low birth weight infants.
- WIC children are better immunized.



## Breastfeeding Promotion & Support



### Peer Counselor

A peer counselor will give you support and encouragement to meet your own goals for breastfeeding. She can give you ways to get started with breastfeeding, tips to comfortably breastfeed, how to prepare for and what to expect at delivery time. She also offers help with breastfeeding concerns, breast pumps, after hours phone support and much more.

### Quarterly Breastfeeding Basics Class

Offered quarterly on Saturday from 10-12 in Sandusky. Open to all, there is no cost.

### Certified Breastfeeding Professionals

Our certified lactation consultants have taken advanced education training on breastfeeding and completed a certification exam allowing them to counsel more in depth. They are able to deal with common and uncommon nursing situations, can provide one on one sessions and can utilize special supplemental equipment if needed.

### Private Facebook Breastfeeding Support Group

Private FB group where can seek peer advice from local breastfeeding mothers.

<https://www.facebook.com/groups/824883195090242>