

### SERVICES AND BENEFITS AVAILABLE FROM WIC:

- Breast pumps and supplies for breastfeeding moms per WIC guidelines
- B Breastfeeding peer counseling to help with breastfeeding concerns and provide support
- Healthy food packages include fresh fruits and vegetables, whole grain bread, brown rice, canned tuna/salmon, eggs, cheese, low fat milk, iron-fortified cereal, dry beans, peanut butter and fruit juice
- Nutrition education including healthy eating tips and recipes
- Referrals to community and health care programs

### WIC INCOME GUIDELINES:

- To be eligible, applicants must have a total household income at or below a level set by the USDA.
- Current income guidelines can be viewed at: louisianawic.org
- Income eligibility is determined by gross income, and some exclusions may apply.
- Applicants with proof of Medicaid, SNAP or TANF automatically meet income requirements.
- One pregnant woman may count as two household members for income eligibility.



There are even more ways to get up-to-date health information, news and emergency updates from LDH.

Www.facebook.com/LaDeptHealth

www.twitter.com/LaDeptHealth



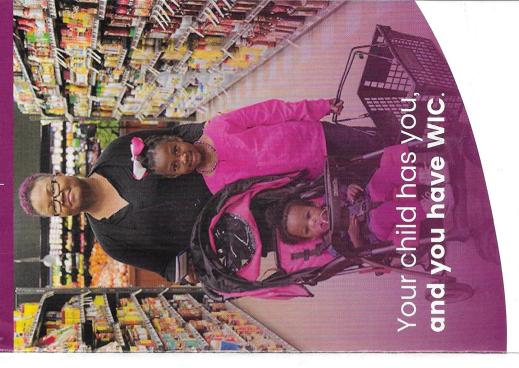
For more information call (800) 251-BABY (251-2229) or visit our website at louisianawic.org

# WOMEN, INFANTS AND CHILDREN (WIC)

"This institution is an equal opportunity provider" WIC 38 - Rev. 2/2018

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LOUISIANA
DEPARTMENT OF HEALTH | Public Information Series





Courtee Community Health Systems 3351 Main Street

Zachary, LA 70791 (225) 306-2000 or (225) 308uslana WIC Program

An Equal Opportunity Provider

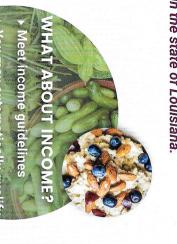
and children up to their fifth birthday may also are pregnant, breastfeeding or postpartum. Infants receive benefits. and referrals to other social services to women who foods, breastfeeding support, nutrition education Women, Infants and Children (WIC) provides healthy The Special Supplemental Nutrition Program for

## WHO IS ELIGIBLE FOR WIC?

- Women who are pregnant
- Women who are breastfeeding
- Women who just had a baby
- ▶ Infants and children up to age 5

And, who meet eligibility requirements

in the state of Louisiana. To receive WIC benefits, you must live



You may automatically qualif for WIC if you are enrolled in







Q. It is hard for me to get off from work or school to cometo all of the WIC appointments. What can I do?

your WIC foods for you. WIC appointments for you. Your proxy can also shop for A. The WIC program lets you assign a proxy to attend

appointments. What can I do? Q. I can't take my child out of school to come to WIC

are certain times when the child does not have to be A. Children should be present at their first visit, but there present. Please ask your local WIC office.

Q. Do I need to be eligible for Medicaid to qualify for WIC?

can find the income guidelines by contacting your local WIC clinic or our website at louisianawic.org A. No, you just need to meet the income guidelines. You

### **HOW TO BECOME A** WIC PARTICIPANT

- Call (800) 251-BABY (251-2229) to locate the clinic nearest you.
- Call that clinic to make an appointment and find out if you and/or your children are eligible for WIC.
- You will need to bring proof of income, residency and identification to your WIC appointment

every person with income living in your house: For income, bring proof of all income sources for

Proof of participation in Medicaid, SNAP or TANF for WIC) (participants of these programs have the right income

SNAP or TANF, please bring any of the following: If no one in your household participates in Medicaid,

- Pay stubs for the last 30 days
- Current income tax records
- Letter from employer with salary amount
- Proof of Social Security or unemployment benefits
- Alimony or child support payments
- Other proof (ask clinic)

For residency (where you live), bring one of these items:

- Rent/mortgage receipt
- Utility bill
- Other proof (ask clinic)

caregiver and/or proxy, should bring one of these items: For identification, each person applying for WIC,

- Driver's license
- Birth certificate
- State, school or military ID card
- Other proof (ask clinic)