

Women, Infants
& Children

WIC



...Making Life Better

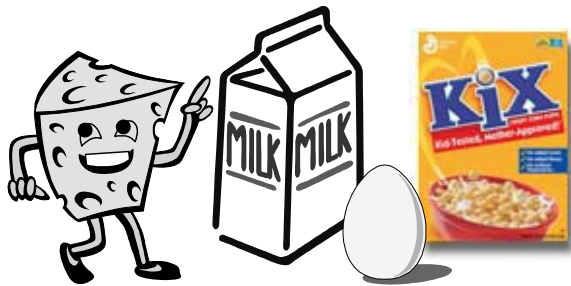
"Promoting healthy pregnancies & healthy children"

FREE FOOD BENEFITS

For Pregnant, Breastfeeding or Post Partum Women,
Infants & Children up to 5 Years Old

Available for those who qualify by income &/or Medicaid.

Basic Foods Could Include:



- ▶ Infant formula, cereal, fruits & vegetables
- ▶ Infant meats for fully breastfed babies
- ▶ Milk, cheese, eggs, cereal, juice
- ▶ Dry beans or peas, canned beans, peanut butter
- ▶ Tuna for fully breastfeeding moms
- ▶ Whole grain breads or tortillas
- ▶ Fresh fruits & vegetables

INCOME GUIDELINES

Effective Date: June 1, 2009

Size of Econ. Unit*	Hourly Rate	Weekly	Monthly	Yearly
1	\$ 9.63	\$ 386	\$1,670	\$20,036
2	12.95	519	2,247	26,955
3	16.28	652	2,823	33,874
4	19.61	785	3,400	40,793
5	22.93	918	3,976	47,712
6	26.26	1,051	4,553	54,631
7	29.59	1,184	5,130	61,550
8	32.91	1,317	5,706	68,469
Additional Economic Unit Members Add	+3.32	+133	+577	+6,919

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

CALL YOUR LOCAL WIC OFFICE TO MAKE AN APPOINTMENT!



"Your Local
Health Department"

Branch-Hillsdale-St. Joseph Community Health Agency

Branch County
570 Marshall Rd.
Coldwater, MI 49036
517-279-9561
Ext. 147

Hillsdale County
20 Care Drive
Hillsdale, MI 49242
517-437-7395
1-888-544-7395
Ext. 117

St. Joseph County
1110 Hill St.
Three Rivers, MI 49093
269-273-2161
1-800-258-1092
Ext. 206

www.bhsj.org

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