WIC Income Guidelines

See insert for annual income guidelines

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339.

Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(2) Fax: (202) 690-7442; or
(3) Email: program.intake@usda.gov.
This institution is an equal opportunity provider.
**WHAT IS WIC?**

WIC is a health and nutrition program that has demonstrated a positive effect on pregnancy outcomes and child growth and development.

Here are some facts about WIC:

- Each month, more than 200,000 moms, babies, and children less than age 5 receive nutritious foods from the Michigan WIC Program. WIC foods are worth $30 - $112 or more per month for each participant.

- WIC participants receive help with nutrition education and breastfeeding, as well as referrals to other health services.

- One out of every two babies born in Michigan receives WIC benefits.

- The earlier a pregnant woman receives nutritional benefits from WIC, the more likely she is to seek prenatal care and deliver a normal weight infant.

- For every dollar spent by this program, more than three dollars in subsequent health care costs are saved.

- A family of four may earn $40,000 per year and qualify for WIC.

Local communities are supported with more than $120 million yearly when WIC foods are purchased at grocery stores and pharmacies.

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**WIC CLINIC HOURS & LOCATIONS**

**MAIN HEALTH DEPARTMENT**
1600 N. Michigan Avenue, Room 502
Saginaw, MI 48602
Phone: 989.758.3733
*Hours: Monday - Friday: 8:00 am - 4:30 pm*

**BIRCH RUN**
Edward McNamara Health Center
8425 Main Street | Birch Run, MI 48415
Phone: 989.624.9664
*Hours: Mondays: 8:00 am - 4:15 pm*

**CHESANING**
Rehmann Health Center
147 S. Saginaw Street | Chesaning, MI 48616
Phone: 989.845.3911
*Hours: First & Third Tuesdays: 9:00 am - 3:15 pm*

**ST. CHARLES**
St. Charles Health Center
120 N. Vine Street | St. Charles, MI 48655
Phone: 989.865.9400
*Hours: Wednesdays: 8:00 am – 4:15 pm*

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**OTHER WIC BENEFITS**

- **NUTRITION EDUCATION**
WIC nutrition education assists participants with:
  - Infant feeding
  - Breastfeeding
  - Prenatal weight gain
  - Anemia
  - Child growth and development
  - Other nutrition related health issues

- **HEALTH CARE REFERRALS**
WIC enjoys a reciprocal relationship with the health care community, receiving referrals from private and public health care providers and providing referrals as needed for health and social services.

  WIC refers participants for immunizations, substance abuse counseling and treatment, prenatal care, smoking cessation, lead screening, the MI Child program, and more.

- **BREASTFEEDING PROMOTION AND SUPPORT**
WIC offers trained personnel ready to assist mothers in making informed decisions about their infant feeding choices. WIC also instructs mothers on the basics of breastfeeding. In addition, WIC provides educational resources and breast pumps.

- **PROJECT FRESH**
The WIC Farmers' Market Nutrition Program (FMNP), also known as Project FRESH, provides eligible WIC participants with coupons to purchase locally grown fresh fruits and vegetables at farmers' markets.

  Participants receive these nutrition benefits in addition to their WIC food package and nutrition education.