

## Allen County WIC Information

### Purpose of WIC

To give children the best possible start by providing optimal nutrition during the critical stages of development.

### Who is Eligible?

- Pregnant women
- Breastfeeding women
- Postpartum Women
- Infants
- Children younger than 5

### Eligibility Requirements

- Meet income guidelines.  
(see chart below)  
*Households with incomes up to 185% of the federal poverty line are eligible.*
- Have a nutrition-related health problem.
- Be a resident of Ohio.  
*WIC clients usually receive services in the county where they live. US Citizenship is not a requirement for eligibility.*

### How to Sign Up for WIC

- Call 419-224-8200
- Make an appointment to see if you and/or your household members can become WIC clients.
- Bring proof of income.  
Anyone on Medicaid already has the right income for WIC. So, bring proof that you and/or our household members are on Medicaid. For each person in your house who has income, bring one of these items:
  - Pay stub that shows “gross income”
  - Current tax records
  - Letter from employer
  - Proof of Social Security benefits
  - Alimony or child-support payments
  - Other proof (check with clinic)
- Bring proof of where you and/or your household members live. Bring one of these items:
  - Rent receipt
  - Utility bill
  - Other proof (check with clinic)
- Bring proof of identification for each person who wants WIC benefits.  
Bring one of these items:
  - Driver’s license
  - Birth certificate
  - School ID or work ID
  - Shot record
  - Other proof (check with clinic)
- Bring proof of pregnancy if you are pregnant.
- Each woman, infant and child who wants WIC benefits must come to the appointment.
- You will get a simple screening to find any nutrition problems

### Services WIC Offers

#### Nutrition Education

- Nutrition counseling

#### Breastfeeding Support and Education

- Clients receive encouragement and instruction in breastfeeding methods.
- Clients may be eligible for a breast pump from WIC.

#### WIC Foods

- Milk
- Cheese
- Cereals
- Juices
- Eggs
- Peanut butter
- Beans, peas, lentils
- Fruits + Vegetables
- Tofu + Soy milk
- Whole Grains
- Some special formulas
- Infant formula, cereal and baby food fruits + vegetables appropriate for babies age

#### Childhood Immunizations

WIC will refer you to a near-by shot clinic.

#### Referrals

- WIC refers to a variety of health and social services such as:
- Ohio Department of Jobs and Family Services
  - Head Start
  - Heartbeat
  - And many others

### Income Eligibility Guidelines

Effective April 2011

Number of Household Members*	Gross Monthly Household Income	Gross Yearly Household Income
1	up to \$1,679.00	up to \$20,147.00
2	up to \$2,268.00	up to \$27,214.00
3	up to \$2,857.00	up to \$34,281.00
4	up to \$3,446.00	up to \$41,348.00
5	up to \$4,035.00	up to \$48,415.00
6	up to \$4,624.00	up to \$55,482.00

For more than 6 household members, or if you have any income questions, call 418-224-8200. Individuals with proof of Medicaid automatically meet income eligibility.

### Call 419-224-8200 – Allen County WIC

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