- SNAP
- MA
- TANF
- WIC
- Head Start
- Early Head Start
- WIC

WIC & Income Guidelines

<table>
<thead>
<tr>
<th>Income Level</th>
<th>Allowance</th>
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<tbody>
<tr>
<td>1</td>
<td>$1,968</td>
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<tr>
<td>2</td>
<td>$2,658</td>
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<tr>
<td>3</td>
<td>$3,349</td>
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<td>4</td>
<td>$4,040</td>
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</tbody>
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*($691 allowance) Ordinary
2020 Food Distribution
3rd, 4th, 5th, 6th months

Burmese-WIC Outreach Brochure
WIC Program Overview

WIC (Women, Infants, and Children) is a federal program that provides nutrition assistance to low-income pregnant women, breastfeeding mothers, and children up to age five. The program aims to improve the health of its participants by providing nutrition education and referrals to health care providers. To be eligible for WIC, applicants must meet certain income and health criteria.

WIC and Other Programs

WIC participants may also be eligible for SNAP (Supplemental Nutrition Assistance Program), MA (Medicaid Assistance Program), TANF (Temporary Assistance for Needy Families), and (CHIP) (Children’s Health Insurance Program). Additional programs such as Healthy Beginnings Plus, Head Start, and food banks may also be available to WIC recipients.

WIC Eligibility Requirements

To be eligible for WIC, applicants must meet certain income and health criteria. These criteria vary by state and may include factors such as income level, family size, and health status.

WIC Benefits

WIC recipients receive a monthly food package that includes fruits, vegetables, whole grains, and dairy. In addition, WIC participants receive nutrition education and referrals to health care providers.

WIC Enrollment

Enrollment in the WIC program is voluntary. To enroll, applicants must complete an application and provide documentation of income and other required information. WIC agencies can be found in most communities.

WIC Participant Information

Participants in the WIC program must follow certain guidelines and requirements. These may include attending regular appointments with a health care provider and following a specific nutrition plan.

WIC Participant Rights

WIC participants have certain rights that are protected by law. These rights may include the right to privacy and the right to receive services in a timely manner.

WIC Participant Responsibilities

Participants in the WIC program are expected to follow certain guidelines and requirements. These may include attending regular appointments with a health care provider and following a specific nutrition plan.

WIC Participant Confidentiality

WIC participants’ confidentiality is protected by law. Information shared with WIC staff is kept confidential and is used only for the purposes of providing services and evaluating program performance.