

Fast Facts

History and Background

- Funding for WIC comes from the U.S. Department of Agriculture (USDA).
- WIC was authorized by Congress in 1972 and was implemented in Pennsylvania in May 1974. WIC has been serving families for over 50 years.
- WIC works to prevent and improve nutrition-related health problems by offering healthy supplemental foods, nutrition services, breastfeeding support and referrals to eligible women, infants, and children.
- WIC is made possible in Pennsylvania through contracts with organizations in the communities and is administered by the Department of Health.

Where can I get WIC Services?



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Indian Tribal Organizations

Also....

- District of Columbia
- American Samoa
- Guam
- Commonwealth Islands of Northern Marianas
- Puerto Rico
- Virgin Islands



These 88 state WIC agencies provide monthly benefits to approximately **6.7 million** women, infants, and children.

Who is eligible for WIC?

Women

- Pregnant
- Up to six months postpartum
- Up to one year postpartum and breastfeeding

Infants and children

- Under 5 years old, including foster children



All applicants must...

1. Live in Pennsylvania
2. Have a medical or nutritional need
3. Have a household gross income that does not exceed 185 percent of the US Poverty Income Guidelines. If you receive SNAP, MA, LIHEAP or TANF, you may apply for WIC regardless of income.

WIC does not require proof of citizenship.

Services and Benefits

Shop throughout the month at any WIC authorized store using your eWIC card.



Use the WICShopper app to:

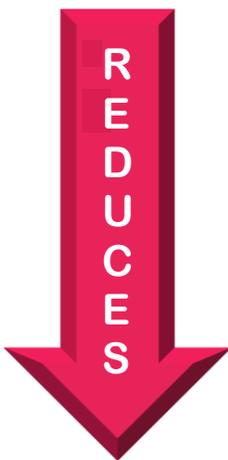
- Identify WIC Allowable foods.
- Check your benefit balance.
- Find recipes.
- Find WIC clinics and WIC authorized stores.

You will enjoy benefits like...

- Breastfeeding information and support
- Nutrition information
- Nutritious foods
- Referrals to health and social services
- Farmers' Market Nutrition Program (FMNP) vouchers for participants 6 months and older



Health Outcomes



- Iron deficiency anemia
- Low birth weight
- Fetal deaths
- Infant mortality



- Duration of pregnancy
- Growth of nutritionally at-risk infants and children
- Regular medical care and up-to-date immunizations for children
- Children's intellectual development
- Food intake and the likeliness to purchase healthy foods.
- Breastfeeding success

Applying to WIC is easy!

1.

Call your local WIC agency to schedule an appointment.

2.

Call the WIC toll-free hotline at 1-800-942-9467 to reach the closest WIC office.

3.

Submit a pre-application online at pawic.com. We will contact you for an appointment.

More Questions? Contact us! 1-800-WIC-WINS (800-942-9467)



For more information, visit our website at www.pawic.com.

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The USDA is an equal opportunity provider.