

WIC Benefits Breakdown

Did you know that WIC offers benefits with food packages for kids under age 5? With food costs on the rise, WIC is more important than ever to help families offset higher grocery bills.

Who's eligible for WIC benefits?

Postpartum and breastfeeding women for up to 12 months and children under 5 years of age.

If you are on SNAP, TANF, Medicaid, or meet 185% of federal poverty income guidelines, you automatically qualify for WIC benefits!

- > Food prices are estimated to rise by 6.5-7.5% this year, including WIC-authorized foods.
- > WIC purchases are eligible for store rewards at participating stores.
- > Sale and Buy-One-Get-One-Free items are included in WIC benefits!



Estimated Monthly Value

See below for the estimated monthly value for WIC food packages. These include the current increased cash value benefits for fruits and vegetables.

Food Packages for Babies Children:

- > Breastfed baby 6-12 months old = **\$64**
- > Children 1-5 years old = **\$75**

Food Packages for New and Expecting Moms:

- > Pregnant woman = **\$101**
- > Postpartum woman = **\$87**
- > Breastfeeding mother = **\$128**



Contact Information:
Lucas County WIC
Call: 419-213-4422

Reach out to your local WIC clinic to get started!