

ALL CAREGIVERS ARE WELCOME.

We talk a lot about moms. But we offer support to anyone—working or not—who cares for a child, including:

- **Moms**
- **Dads**
- **Grandparents**
- **Foster parents**
- **Step-parents**
- **Guardians**

WE'RE HERE FOR YOU.

We're here for more moms and caregivers than you might think—in fact, we serve over half of all infants born in the US. To get WIC assistance, participants:

- **Must be pregnant or have infants or children under 5 years old**
- **May be in need of income assistance**
- **Can be receiving other benefits like foster care, medical assistance, or SNAP**

Ohio | Department of Health



OHIO WIC PROGRAM INCOME GUIDELINES*

Gross income (before taxes) cannot exceed the following amounts:

Family Size	Annual	Monthly	Weekly
1	\$26,973	\$2,248	\$519
2	36,482	3,041	702
3	45,991	3,833	885
4	55,500	4,625	1,068
5	65,009	5,418	1,251
6	74,518	6,210	1,434
7	84,027	7,003	1,616
8	93,536	7,795	1,799

FIND WIC NEAR YOU.

WIC is there to serve moms across the U.S. With over 10,000 clinic sites, there's almost always a WIC center nearby.

Your local WIC offices:

635 N. Erie St. Toledo, OH 43604
419-213-4422

330 Oak Terrace Blvd. Holland, OH 43528
419-213-6250

1020 Varland Avenue Toledo, Ohio 43605
419-639-1116

NUTRITION,
SUPPORT,
AND THE
POWER OF
FAMILIES.

OHIO
wic
Women, Infants, and Children Program

WE HELP MOMS BE MOMS.

WIC is the nation's most successful and cost-effective public health nutrition program. We provide wholesome food, nutrition education, and community support for income-eligible women who are pregnant or postpartum, infants, and children up to five years old.

FOOD. EDUCATION. SUPPORT. YOU GOT THIS.

We give moms the resources, knowledge, and tools they need to be the moms they want to be.

HEALTHY FOOD

Through WIC, moms get monthly benefits to buy healthy foods, such as:

Foods with calcium for strong bones and teeth:

- **Milk**
- **Cheese**
- **Soy beverages**
- **Yogurt**

Grains with iron for energy, and folic acid for healthy growth:

- **Cereal**
- **Brown rice**
- **Soft corn or whole wheat tortillas**
- **Whole grain bread**
- **Whole wheat pasta**

Fruits and vegetables to keep your heart and weight healthy:

- **Fruit or vegetable juice**
- **Fruits and vegetables fresh, frozen, or canned***

This institution is an equal opportunity provider.

*Food packages vary by location.

Foods with protein for strong muscles and healthy skin:

- **Dried or canned beans, peas, lentils**
- **Eggs**
- **Canned tuna or salmon**
- **Peanut butter**
- **Tofu**

Iron-fortified foods for infants who need it:

- **Baby foods**
- **Infant formula**
- **Infant cereal**

NUTRITION EDUCATION

We support and educate moms to help them breastfeed successfully. We offer guidance on how to shop for healthy food, how to prepare it, and how to entice children to eat it. We provide access to information, including:

- **Prenatal nutrition**
- **Breastfeeding tips**
- **Eating tips for your child**
- **Parenting tips**
- **Healthy recipes**

A COMMUNITY OF SUPPORT

We're a network built for moms. We connect them, we educate them, and we learn from them. Our community consists of:

- **Health Professionals**
- **Lactation specialists**
- **Peer Helpers**

REFERRALS

We can introduce moms to resources outside of WIC, including:

- **Healthcare professionals such as pediatricians, OB/GYNs, and dentists**
- **Immunization services**
- **Substance abuse counselors**
- **Domestic abuse counseling**
- **Social services**

BREASTFEEDING SUPPORT

We can introduce moms to resources outside of WIC, including:

- **Advice on a range of breastfeeding issues, including positioning, latch, milk production, and returning to work**
- **Nursing aids such as breast pumps**