

# Delicious Food. Happy Family.



## What is WIC?

- A Nutrition and Breastfeeding Program
- Experts in nutrition for pregnancy, breastfeeding, infants, toddlers and preschoolers
- Personalized nutrition tips and support for parents and caregivers
- Breastfeeding information, support and resources
- Referrals to other community resources
- Healthy foods

## Who is WIC for?

- Infants
- Children up to five years of age
- Pregnant women
- Breastfeeding women, until their infant's first birthday
- Women whose pregnancy ended <6 months ago

## Arizona WIC is here for you!

Visit [azwic.gov](http://azwic.gov), or call **1 (800) 2525-WIC** to find the nearest clinic.

To download the free EzWIC App, go to the App Store or Google Play and search for EzWIC.



## Effective Date: April 1, 2025

WIC Eligibility is based solely on your gross income, this chart can help determine your eligibility

Number of family members	Income every two weeks	Monthly income
*2	\$1,505	\$3,261
3	\$1,897	\$4,109
4	\$2,288	\$4,957
5	\$2,679	\$5,805
6	\$3,071	\$6,653
7	\$3,462	\$7,501
8	\$3,853	\$8,349
Each additional member	\$392	\$848

\*A pregnant woman is considered a family of 2

This institution is an equal opportunity provider.

Contact your local WIC agency: