

# 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, 2024

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	\$1,455	\$3,152
3	\$1,838	\$3,981
4	\$2,220	\$4,810
5	\$2,603	\$5,640
6	\$2,986	\$6,469
7	\$3,369	\$7,299
8	\$3,752	\$8,128
Each additional member	\$383	\$830

\*A pregnant woman is considered a family of 2

This institution is an equal opportunity provider.

