

Healthy Food. Healthy Kid. Happy Mom.



What is WIC?

- Free 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 www.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, 2021

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

| Number of Family Members | Income every Two Weeks | Income Monthly |
|---|------------------------|----------------|
| *2 | \$1,240 | \$2,686 |
| 3 | \$1,563 | \$3,386 |
| 4 | \$1,886 | \$4,086 |
| 5 | \$2,209 | \$4,786 |
| 6 | \$2,532 | \$5,486 |
| 7 | \$2,855 | \$6,186 |
| 8 | \$3,178 | \$6,886 |
| Each Additional Member | \$324 | \$700 |
| *A pregnant woman is considered a family of 2 | | |

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