

# Go Get WIC

The Nutrition Program for Women, Infants and Children

As soon as you know you are pregnant...

OR

if you are caring for a baby or child under 5.

It's easy to apply.  
It just takes a phone call.  
WIC even takes care of the paperwork.

With WIC you can get checks for up to \$50 of healthy foods each month, plus help getting other services like Medicaid.

#### WIC income guidelines - per month:

(Add one for each unborn child)

- Family of 2 earning up to \$2,247
- Family of 4 earning up to \$3,400
- Family of 6 earning up to \$4,553

(Valid until March 31, 2010)

On medical coupons/Healthy Options?  
You are income eligible for WIC.

Getting WIC will not affect your immigration status.

Call the Family Health Hotline

1-800-322-2588

Visit [ParentHelp123.org](http://ParentHelp123.org)

 WithinReach  
essential resources for family health

 Washington State Department of Health

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