



LIVINGSTON COUNTY DEPARTMENT OF PUBLIC HEALTH WIC NEWS

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What is WIC?

WIC is a program that offers certain foods to women who are pregnant, breastfeeding, or who have had a baby within the last six months, and infants and children up to age five.

There is an income eligibility requirement, but if you have Medicaid you automatically qualify (but you do not have to be on Medicaid to be eligible for WIC!). Take a look at the chart on the back to see if you or someone you know will qualify.

The WIC program is easy to be a part of. You only need to come into the WIC office twice per year for an appointment. Your first appointment is the longest; the others are under an hour! You can renew your benefits easily online or in our education room in between appointments (see the back page for information).

What is the 1st appointment like?

The 1st appointment may take 2 hours, but being on time and having your paperwork completed cuts that time in half.

When you make your first appointment, the WIC staff will give you a packet of paperwork to fill out for every person to be seen. **Bring that paperwork with you.** You will be asked to bring one or more of the following:

- The child/children to be seen
- Proof of income for the past 30 days or Medicaid card
- Proof of pregnancy
- Proof of child
- Proof of identity
- Proof of Residency

At your first appointment, every person seen will have their weight and height checked, iron levels checked (a quick poke to the finger), age appropriate lead testing and WIC staff will ask you questions about your diet, nutrition, and health. WIC staff will also talk to you about how to get more food assistance and health insurance if needed, seeing a dentist, car seat safety, and more.

The appointment ends with benefits loaded on your card, and a date to reload your card (by calling the office, or coming in) in three months.

USDA is an equal opportunity provider and employer

How do I apply?

If you think you or a family member qualifies, you can come into the WIC office on a Walk-In Wednesday (see hours below). The WIC staff will help you make an appointment to come in and set up benefits. Your benefits will start the same day as your first appointment.



Livingston County WIC Walk-In Hours:
*(for benefit reload, package changes,
transfers, and new applications).*

1st and 3rd Wednesdays

8:30 a.m.—4 p.m.

2nd and 4th Wednesdays

8:30 a.m.—7 p.m.

Other hours are by appointment only.

WIC office phone: (517) 546-5459
Be sure to leave a message. All calls
are returned.

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What do I get with WIC?

The foods you can expect to get with your WIC card are: milk and cheese, eggs, dry and canned beans, peanut butter, tuna, juice, cereal, baby food, fresh fruits and vegetables, tortillas and loaves of bread. WIC also helps with infant formula.

In the summer months, WIC offers "Project Fresh" coupons for use at local farmer's markets to buy locally grown fruits and vegetables. Coupons will be available for pick up on July 20, 2016 from 12:30-3:30.

How do I use my benefits?

Using your WIC card is easy! You can shop at any store where Michigan WIC is accepted (Meijer, Walmart, Kroger, and more!). Use your WIC shopping list (provided by WIC staff) when shopping and select the items you need. When you check out, select a line that accepts WIC (some stores require you to use a cashier, others allow use of the U-Scan; check with the service desk to be sure), separate your WIC groceries from non-WIC items (some stores do not require this, again, check to be sure!), and swipe your WIC card to pay. You will enter your WIC pin like any debit card and a print out of your remaining WIC benefits will be on your receipt.

185% Federal Poverty Level
Effective April 1, 2015 - June 30, 2016

Gross Income					
Number of persons in Family Unit **	Annual	Monthly	Twice Monthly	Bi-Weekly	Weekly
1	\$21,775	\$1,815	\$908	\$838	\$419
2	\$29,471	\$2,456	\$1,228	\$1,134	\$567
3	\$37,167	\$3,098	\$1,549	\$1,430	\$715
4	\$44,863	\$3,739	\$1,870	\$1,726	\$863
5	\$52,559	\$4,380	\$2,190	\$2,022	\$1,011
6	\$60,255	\$5,022	\$2,511	\$2,318	\$1,159
7	\$67,951	\$5,663	\$2,832	\$2,614	\$1,307
8	\$75,647	\$6,304	\$3,152	\$2,910	\$1,455
Each add'l family member add	\$7,696 per added family member	\$642 per added family member	\$321 per added family member	\$296 per added family member	\$148 per added family member

Renewing your WIC benefits

Renewing your benefits is fast and easy. Log onto www.wichealth.org on your computer or smart phone and create an account (use your Family ID on your shopping list). Every 3 months, select and complete ONE lesson, save it and call the WIC office at (517) 546-5459 to reload the benefits to your card.

It is that easy! No visit to the WIC office in between appointments necessary.

WIC does provide an education room with in-person lessons if you do not have access to the internet.



Breastfeeding Support

Breastfeeding can be challenging. Even if it comes easily, sometimes it is nice to have someone to talk to about it. WIC offers FREE Breastfeeding Support to its clients.

The Breastfeeding Peer Counselor is a mom who has breastfed her babies and is trained to help other moms. She is available to call or text you, or meet you at the WIC office to help you work through issues or concerns like poor latch, engorgement, milk supply, and sore nipples. The Peer Counselor can also show you how to use a breast pump. You can call or text the Peer Counselor at (517) 375-0554.