Texas WIC Reference Guide

Purpose of WIC

To give children the best possible start by providing optimal nutrition during the critical stages of development.

Who is Eligible?

- Pregnant Women
- Breastfeeding Women
- Postpartum Women
- Infants
- Children younger than 5

Eligibility Requirements

- Meet income guidelines.
  (see chart below)
  Households with incomes up to 185% of the federal poverty line are eligible.
- Have a nutrition-related health problem.
  WIC applicants receive an initial screening at a WIC clinic to find any nutrition problems.
- Be a resident of Texas.
  WIC clients usually receive services in the county where they reside.
  U.S. citizenship is not a requirement for eligibility.

Income Eligibility Guidelines

effective April 1, 2004

Number of Household Members*	Gross Monthly Household Income	Gross Yearly Household Income
1	$0 up to $1,436	$0 up to $17,224
2	$0 up to $1,926	$0 up to $23,107
3	$0 up to $2,416	$0 up to $28,990
4	$0 up to $2,907	$0 up to $34,873
5	$0 up to $3,397	$0 up to $40,756
6	$0 up to $3,887	$0 up to $46,639

For more than 6 household members, or if you have any income questions, call 1-800-942-3678. Individuals with proof of Medicaid, TANF, or Food Stamps automatically meet income eligibility.

**One pregnant woman counts as two household members.*

713-794-9090

Call
1-800-942-3678

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Texas Department of Health

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How to Become a WIC Client

- Call 1-800-942-3678. You'll get the phone number of the best WIC clinic for you.
- Call that clinic. Make an appointment to see if you and/or your household members can become WIC clients.
- Bring proof of income.

  Anyone on Medicaid, TANF, or Food Stamps already has the right income for WIC. So, bring proof that you and/or your household members are on Medicaid, TANF, or Food Stamps.

  For each person in your house who has income, bring one of these items:
  - Pay stub that shows "gross income."
  - Current tax records.
  - Letter from employer.
  - Proof of Social Security benefits.
  - Alimony or child-support payments.
  - Other proof (check with clinic).
- Bring proof of where you and/or your household members live.

  Bring one of these items:
  - Rent receipt.
  - Utility bill.
  - Other proof (check with clinic).
- Bring proof of identification for each person who wants WIC benefits.

  Bring one of these items:
  - Driver's license.
  - Birth certificate.
  - School ID or work ID.
  - Other proof (check with clinic).
- Each woman, infant, and child who wants WIC benefits must come to the appointment.
- You each will get a simple screening to find any nutrition problems.

Services WIC Offers

Nutrition Education

- Nutrition counseling
- Nutrition classes

Breastfeeding Support and Education

- Clients receive encouragement and instruction in breastfeeding methods.
- You may be eligible for a breast pump from WIC.

WIC foods

- Milk, Buttermilk
- Cheese
- Cereals
- Juices
- Eggs
- Beans, Peas, Lentils
- Peanut butter
- Infant formula

For breastfeeding mothers only:

- Tuna
- Carrots

Childhood Immunizations

- Some WIC clinics give shots. Others will refer you to a nearby shot clinic.

Referrals

WIC refers to a variety of health and social services, including:

- Medicaid and Texas Health Steps
- Family Planning
- Head Start
- TANF and Food Stamps
- Early Childhood Intervention
- Children's Health Insurance Progam (CHIP)