

# WIC Can Make A Difference To You!

## What is WIC?

- healthy foods
- nutrition education and counseling
- breastfeeding support
- referrals for health care

**Breastfeeding women** may receive extra cheese, dried beans, juice, tuna fish and carrots



## Who is eligible for WIC

- You must be a pregnant or breastfeeding woman, a woman who has recently been pregnant, an infant, or a child under 5 years old.
- You must have a **total household income equal to or below** the following amounts:

Household Size	Monthly Income (before taxes and deductions are taken out)
1	\$1,604
2	\$2,159
3	\$2,714
4	\$3,269
5	\$3,824
6	\$4,379
7	\$4,934
8	\$5,489

(Note: WIC guidelines updated 4/01//08)

For a pregnant woman, each unborn baby counts as 1 extra person in the household size.



Or you could be eligible if you or other persons living in your household are currently receiving **Medicaid, KTAP or Food Stamps**

- You must be currently living in the state of Kentucky
- You must have a nutrition need, which will be determined by WIC staff

# How Do I apply for WIC

Call the WIC office in your area for more information or an appointment. They will also tell you what you need to bring to your appointment. WIC office hours are usually 8:00 am to 4:30 pm Monday to Friday.

## WIC CLINICS OPERATED BY THE LOUISVILLE METRO DEPARTMENT OF PUBLIC HEALTH & WELLNESS

<u>Dixie Health Center</u> 7219 Dixie Highway 937-7277	<u>Neighborhood Place South Central</u> 4255 Hazelwood Drive 485-7141
<u>Fairdale Health Center</u> 1000 Neighborhood Place 363-1428	<u>Middletown Health Center</u> 200 Juneau Drive 245-1074
<u>Family Health Center Portland</u> 2215 Portland Avenue 574-6672	<u>Neighborhood Place Bridges of Hope</u> 1411 Algonquin Parkway 634-6077
<u>Highview Health Center</u> 7201 Outer Loop 231-1459	<u>Neighborhood Place East</u> 810 Barret Avenue 574-6680
<u>L&amp;N</u> 908 W. Broadway 595-3121	<u>Newburg Health Center</u> 4810 Exeter Avenue 458-0778



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