

# WIC

## OHIO WIC PROGRAM ELIGIBILITY

WIC is a nutrition education program. WIC provides nutritious foods that promote good health for pregnant and breastfeeding women, women who recently had a baby; Infants birth through 12 months; children age 1 to 5 years; who are:

- Present at the clinic appointment, and provide proof of identity;
- Residents of the state of Ohio;
- Determined by health professionals to be a medical/nutritional risk; and
- Meets income guidelines – 185% of Federal Poverty Income Guidelines

## Ohio WIC Program Income Guidelines

In order to be eligible for WIC, the gross countable income of the Family/Household unit, of which the applicant/participant is a member, must be less than or equal to the Ohio WIC program income guidelines for the Family/Household size provided in the following chart. WIC income guidelines are updated each year.

### WIC Income Guidelines (Effective July 2021)

Persons in Family Or Household size	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$23,828	\$1,986	\$993	\$917	\$459
2	32,227	2,686	1,343	124	620
3	40,626	3,386	1,693	1,563	782
4	49,025	4,086	2,043	1,886	943
5	57,424	4,786	2,393	2,209	1,105
6	65,823	5,486	2,743	2,532	1,266
7	74,222	6,186	3,093	2,855	1,428
8	82,621	6,886	3,443	3,178	1,589

## How to Apply

WIC clinics are located in all 88 counties.

Applicants must submit their WIC Application to, AND schedule an appointment with their county WIC clinic AND bring the Health History Form for each person applying.

For specific clinic locations call the *Help Me Grow Helpline* at **1-800-755-GROW (1-800-755-4769)**.

WIC Application, Health History Forms and more information is available at the Ohio WIC website.

<https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/Women-Infants-Children/resources/women-infants-children-description>

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.