

# 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 2022)

Persons in Family Or Household size	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$25,142	\$2,096	\$1,048	\$967	\$484
2	33,874	2,823	1,412	1,303	652
3	42,606	3,551	1,776	1,639	820
4	51,338	4,279	2,140	1,975	988
5	60,070	5,006	2,503	2,311	1,156
6	68,802	5,734	2,867	2,647	1,324
7	77,534	6,462	3,231	2,983	1,492
8	86,266	7,189	3,595	3,318	1,659

## 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>

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