



## NEWS RELEASE

### ALABAMA DEPARTMENT OF PUBLIC HEALTH

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## Are you eligible for WIC?

### FOR IMMEDIATE RELEASE

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Alabama families may qualify for the Special Supplemental Nutrition Program for Women, Infants, and Children, better known as WIC. If you are a woman who is pregnant, just had a baby within the past six months, who is breastfeeding or who is the parent or guardian of a child up to age 5, you are invited and encouraged to apply for WIC at your local county health department.

“One-month issuance from government shutdown several months ago is over, and we are back to business as usual,” Amanda Martin, WIC director, Alabama Department of Public Health, said. “In addition to letting the public know we have been issuing benefits on a three-month basis since Nov. 1, we encourage other eligible families to participate.”

Prenatal nutrition helps with healthy birth outcomes. Nutrition is a focus for infants and children to ensure healthy growth and development, and healthy food choices help children develop healthy eating habits for life.

Participants in the program receive free nutrition education and breastfeeding peer counseling support. In addition, participants have the option to receive up to three months of food benefits at a time for each qualified family member. Food benefits are redeemable at WIC-authorized stores throughout Alabama.

Under the 2013 federal poverty guidelines, more families may be eligible for the program. WIC is open to participants with incomes up to 185 percent of the federal poverty level. Check the table below to see whether your family qualifies:

Family size	Annual Income	Weekly Income
1	\$21,257	\$409
2	\$28,694	\$552
3	\$36,131	\$695
4	\$43,568	\$838
5	\$51,005	\$981

WIC participants must have both a limited income and a nutritional need. Families who receive Medicaid, SNAP, formerly known as Food Stamps, or Family Assistance, formerly known as

TANF (Temporary Assistance to Needy Families) already meet the income qualifications for WIC. Even families who do not qualify for these three programs may be eligible for WIC because of its higher income limits.

For more information contact your local county health department or call the statewide toll-free line at 1-888-942-4673.

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