

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)



What is WIC?

The Ohio WIC program is administered by the Ohio Department of Health. WIC helps income eligible pregnant and breastfeeding women, women who recently had a baby, infants, and children who are at health risk due to inadequate nutrition.

WIC provides supplemental, highly nutritious foods such as cereal, eggs, milk, whole grain foods, fruits and vegetables, and iron-fortified infant formula; education and support services, and referrals to prenatal and pediatric health care programs.

1 // Do I qualify for WIC?

Are you a pregnant or breastfeeding woman? A woman who recently gave birth? A child under age 5?

You may qualify if your household's gross monthly income is at or under 185% of the federal poverty guidelines.

Family Size	Gross Monthly Income
1	\$2,096
2	\$2,823
3	\$3,551
4	\$4,279
5	\$5,006
6	\$5,734
7	\$6,462
8	\$7,189

2// What do I need to apply?

Your county WIC offices handle WIC applications. You might need any of the following documents:

- Proof of identity and Ohio residency (Drivers License, State ID, Passport)
- Proof of Income
- Statement from health professionals of medical/nutritional risk
- Verification of pregnancy

3// What happens next?

You will need to schedule an appointment with your local WIC office (see other side for contact information).

At your appointment, bring all of your necessary documents with you. If you are applying on behalf of a child, the child

must be present at the appointment as well.

At the appointment, a doctor, nurse or nutritionist will determine if you have any medical risks. Risks can include poor diet, anemia, being underweight, being pregnant at 35 or older, a history of pregnancy complications or other medical challenges.

Ohio WIC is considered a short-term program. Depending on the persons condition, either pregnant, postpartum, breastfeeding, an infant or child, an eligible person usually receives benefits from 6 months to a year, at which time they are required to re-apply.

efnep.osu.edu

Apply for WIC in Lucas County

TOLEDO-LUCAS COUNTY HEALTH DEPARTMENT

635 North Erie Street Toledo, OH 43604
(419) 213-4422

TOLEDO-LUCAS COUNTY HEALTH DEPARTMENT

330 Oak Terrace Boulevard Holland, OH 43528
(419) 213-6250

CORDELIA-MARTIN HEALTH CENTER
615 Division Street Toledo, OH 43604
(419) 214-5724

EAST TOLEDO FAMILY CENTER
1020 Varland Ave Toledo, OH 43605

(419) 693-1116
MERCY HEALTH FRANKLIN AVE MEDICAL CENTER
2213 Franklin Avenue Toledo, OH 43620
(419) 251-2433

RIVER EAST COMMUNITY HEALTH CENTER
113 Main St. Toledo, OH 43605
(419) 214-5723

SOUTH SIDE COMMUNITY HEALTH CENTER
732 South Avenue Toledo, OH 43609
(419) 214-5722

THE TOLEDO HOSPITAL
2150 West Central Avenue Suite B Toledo, OH 43606
(419) 291-2216

4// What do I receive with WIC?

Check the WIC Authorized Food List, as only specific brands are allowed for purchase. Use your WIC nutrition card at participating retailers.

Depending on your status (pregnant, breastfeeding, postpartum) and your child's status (under 12 months, age 1-5) the monthly food package will vary. Items include:

- Infant Formula
- 100% Fruit or Vegetable juice
- Dairy Foods: Cow milk, Soy milk, Yogurt, Cheese
- Whole Grains: Brown rice, Oatmeal, Whole wheat pasta, Tortillas, Whole wheat bread and buns, Cereal

- Protein: Eggs, Tofu, Peanut butter, Canned tuna, Dried or canned beans
- Fruits and Vegetables: Cash voucher for any combination of fresh, frozen, or canned
 - Children \$25
 - Pregnant/Postpartum \$43
 - Breastfeeding \$47

WIC Shopper App

Install "*WicShopper*" on your phone or tablet from your app store. Select Ohio as your WIC agency.

When you shop, scan products using the app to verify it is a WIC allowed food.

The app also tracks your benefits available, provides recipes, nutrition education, and other resources.

5// What other resources are available?

Services

- Alcohol Screening and Brief Intervention (ASBI)
- Breastfeeding Promotion and Support Text Hotline: Text "BFHOTLINE" to 839863
- Vaccination Screening and Referral
- Social Services/Counseling

Benefits

- The WIC Farmers' Market Nutrition Program (FMNP) provides WIC participants with four \$5 coupons redeemable for Ohio grown fresh fruits, vegetables and herbs from authorized farmers at farmers' markets and farm stands. This program is available in 69 Ohio counties.