

WIC...

Women, Infants & Children

"Promoting healthy pregnancies & healthy children"

FREE Food Benefits

For Pregnant, Breastfeeding or Post Partum
Women, Infants & Children up to 5 years old

Basic Foods Could Include:

- Infant formula, cereal, fruits & vegetables
- Infant meats for fully breastfed babies
- Milk, cheese, eggs, cereal, juice
- Dry beans or peas, canned beans, peanut butter
- Tuna for fully breastfeeding mothers
- Whole grain breads, tortillas, brown rice or oatmeal
- Fresh fruits and vegetables

Income Guidelines (effective date: 7/1/2016)

Available for those who qualify by income &/or Medicaid

Size of Economic Unit	Hourly Rate	Weekly	Yearly
1	\$10.56	\$423	\$21,978
2	14.24	570	29,637
3	17.93	718	37,296
4	21.61	865	44,955
5	25.29	1,012	52,614
6	28.97	1,160	60,273
7	32.66	1,307	67,951
8	36.36	1,455	75,647
Additional Economic Unit Members added	+3.70	+148	+7,696

* A pregnant woman is counted as (1) plus the number of infants expected

Call you local WIC office to make an appointment!

Branch-Hillsdale-St. Joseph Community Health Agency

www.bhsj.org or like us on Facebook at www.facebook.com/bhsjwic

Branch County
570 N. Marshall Road
Coldwater, Michigan 49036
(517) 279-9561

Hillsdale County
20 Care Drive
Hillsdale, Michigan 49242
(517) 437-7395

St. Joseph County
1110 Hill Street
Three Rivers, Michigan 49093
(269) 273-2161

Sturgis Satellite Clinic
Grobhiser Building
600 S. Lakeview Dr., Suite 104
Sturgis, MI 49091
(269) 273-2161



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