

# 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: 6/2018)

Available for those who qualify by income &/or Medicaid

Size of Economic Unit	Hourly Rate	Weekly	Yearly
1	\$10.79	\$432	\$22,459
2	14.63	586	30,451
3	18.48	740	38,443
4	22.32	893	46,435
5	26.16	1,047	54,427
6	30.00	1,201	62,419
7	33.85	1,355	70,411
8	37.69	1,508	78,403
<b>Additional Economic Unit Members added</b>	<b>+3.84</b>	<b>+153</b>	<b>+7,992</b>

\* 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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