What is WIC?

The Women, Infants and Children Program (WIC) is a nutrition education and supplemental food program for pregnant and postpartum women, infants and children up to age 5.

Who is eligible?

Pregnant and postpartum women **(including those who have had a miscarriage)**, infants and children up to age 5 that receive Medicaid, Food Stamps, Cash Assistance, or are within the following:

# IN FAMILY	ABOUT WEEKLY	ABOUT MONTHLY	NO MORE THAN YEARLY
1	$432	$1,872	$22,459
2	$586	$2,538	$30,451
3	$740	$3,204	$38,443
4	$893	$3,870	$46,435
5	$1,047	$4,536	$54,427
6	$1,201	$5,202	$62,419
7	$1,355	$5,868	$70,411
8	$1,508	$6,534	$78,403
9	$1,662	$7,200	$86,395
10	$1,816	$7,866	$94,387

Foster children automatically qualify regardless of income.

Children who are in custody of their father/grandparent/ legal guardian also qualify if they meet the criteria.

How to enroll:

Just stop into one of our clinic locations with a photo I.D. and the individuals you wish to enroll.

Enroll and you will:

- Be provided supplemental foods tailored to you or child's individual needs. Foods such as: formula, baby food, fresh fruits and vegetables, milk, iron- fortified cereals, whole grain bread, tortillas, cheese, yogurt and peanut butter.
- Meet with one of our highly qualified nutrition staff members who will conduct a complete nutritional assessment identifying you or your child's nutritional needs.
- Receive nutrition education in areas of your interest or concern such as tips to feed a picky eater, techniques to limit juice or soda intake, and healthy recipe ideas for kids.
- Have registered dietitians available to offer counseling on more advanced feeding and health issues.

Hours and locations:

Public Health - Muskegon County
209 E. Apple Ave.
Muskegon, MI 49442
M, W, TH, F 8 am -4:30 pm
Tuesdays 10 am -4:30 pm
Walk-Ins Welcome

Muskegon Family Care
2201 S. Getty St.
Muskegon, MI 49444
M, W, TH, F 8 am -4:30 pm
Tuesdays 10 am -4:30 pm
Appointment Only

White Lake Community Center
541 Slocum Rd.
Whitehall, MI 49461
Mondays 8:45 am-4:00 pm and
Tuesdays 10am-4:00 pm
Appointment Only

Twin Lake United Methodist Church
5940 Main St.
Twin Lake, MI 49457
1st Wednesday of each month
9 am -4:00 pm
Appointment Only

Ravenna United Methodist Church
12348 Stafford St.
Ravenna, MI 49451
2nd Wednesday of each month
9 am -4:00 pm
Appointment Only

For more information call 724-1391

Or *visit us online*

www.muskegonhealth.net

Facebook:

WIC Muskegon County

Public Health
Prevent. Promote. Protect.
Muskegon County

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