



Arizona WIC Reference Guide

Special Supplemental Nutrition Program for Women, Infants & Children

Call
1-800-2525-WIC
(1-800-252-5942)

WIC is an equal opportunity program. Persons who believe they have been discriminated against because of race, color, national origin, age, sex or disability, should write to the Secretary of Agriculture, USDA, Washington, DC 20250.



DEPARTMENT OF
ECONOMIC SECURITY
Your Partner For A Stronger Arizona

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FAA-1407A PAMNA (5-19)

Services WIC Offers Card (eWIC)

- Milk
- Cereals
- Eggs
- Peanut Butter
- Cheese
- Juices
- Beans
- Infant Formula

For breastfeeding mothers only:

- Tuna
- Carrots
- Substance abuse programs
- Early Childhood Intervention
- Parenting classes
- Children with special health care needs
- Literacy programs



Who is Eligible?

- Pregnant Women
- Breastfeeding Women
- Postpartum Women
- Infants
- Children younger than 5

Eligibility Requirements

- Meet income guidelines (see below) Households with incomes up to 185% of the federal poverty line are eligible.
- Be at nutritional risk. WIC clients receive an initial health screening at a WIC clinic to determine nutritional risk.
- Be a resident of Arizona. WIC clients usually receive services in the county where they reside.

How to Become a WIC Client

- Call 1-800-2525-WIC to set up an appointment with your local WIC agency.
- Bring proof of income. One of the following for everyone who works:
 - ▷ Paycheck
 - ▷ Tax return
 - ▷ Letter from employer
 Individuals with proof of AHCCCS, TANF, or Nutrition Assistance Benefits meet WIC income eligibility.
- Bring proof of residency or identity: One of the following:
 - ▷ Driver's license
 - ▷ Utility bill
 - ▷ Official identification
- Undergo a simple health screening to determine nutritional risk.

Federal Poverty Guidelines – 100%		
Number of Household Members*	Gross Monthly Household Income	Gross Yearly Household Income
1	\$1,041	\$12,490
2	\$1,410	\$16,910
3	\$1,778	\$21,330
4	\$2,146	\$25,750
5	\$2,515	\$30,170
6	\$2,883	\$34,590
7	\$3,251	\$39,010
8	\$3,620	\$43,430
Each Additional Member	+\$369	+\$4,420

*One pregnant woman counts as 2 household members.

Benefits Received by WIC Participants

Pregnant women receive:

- WIC foods
- Health screening
- Nutrition education

Postpartum women receive:

- WIC foods
- Health screening
- Nutrition education

Breastfeeding women receive:

- Breastfeeding support
- WIC foods
- Health screening
- Nutrition education

Infants receive:

- Breastfeeding support or infant formula (iron-fortified)
- Immunization referrals
- Health screening
- Nutrition education

Children younger than 5 receive:

- WIC foods
- Immunization referrals
- Health screening
- Nutrition education

Health benefits of WIC:

- Premature births reduced

Reduce Priced Meals – 185%		
Number of Household Members*	Gross Yearly Household Income	Gross Yearly Household Income
1	\$1,926	\$23,107
2	\$2,607	\$31,284
3	\$3,289	\$39,461
4	\$3,970	\$47,638
5	\$4,652	\$55,815
6	\$5,333	\$63,992
7	\$6,015	\$72,169
8	\$6,696	\$80,346
Each Additional Member	+\$682	+\$8,177

*One pregnant woman counts as 2 household members.

Nutrition Education

- Individual nutrition counseling
- Nutrition classes

Immunization Referrals

Infants and children younger than 5 are referred for:

- Diphtheria
- Whooping cough
- Tetanus
- Measles, Mumps, Rubella
- Hepatitis B
- Polio
- Meningitis

Breastfeeding Support

Clients receive:

- Encouragement and instruction in breastfeeding method
- Breastfeeding support
- WIC foods
- Health screening
- Nutrition education

Referrals

WIC refers to a variety of health and social services:

- Food pantries
- Child-support enforcement
- EPSDT
- Family planning
- Head Start
- Housing services
- Job banks
- Prenatal care
- Licensed child-care facilities
- Children's Rehabilitative Services
- Migrant health services
- Medical and dental services
- AHCCCS, TANF, and Nutrition Assistance Benefits
- School & summer lunch program
- Shelters for the homeless
- Substance abuse programs
- Early Childhood Intervention
- Parenting classes
- Children with special health care needs
- Literacy programs