

# Virginia Women, Infants and Children (WIC) Program

## What is Women, Infants and Children (WIC)?

WIC helps low- and moderate-income women who are pregnant or breastfeeding, or have children up to 5 years old, get the food they need.

## How does it work?

WIC participants receive monthly checks or “food instruments” to buy specific foods to improve their diets. Some WIC State agencies give out WIC foods through warehouses or deliver WIC foods. WIC also provides health screenings and medical referrals. The food assistance does not provide all nutritional needs, and aid is based on a woman’s stage of pregnancy and/or the ages of her children.

**Income Limits** (04/1/2009-06/30/2010. Still valid as of 10/1/10.)

People in Household*	Yearly Income	Monthly Income	Twice- Monthly Income	Bi- Weekly Income	Weekly Income
1	\$20,036	\$1,670	\$835	\$771	\$386
2	26,955	2,247	1,124	1,037	519
3	33,874	2,823	1,412	1,303	652
4	40,793	3,400	1,700	1,569	785
5	47,712	3,976	1,988	1,836	918
6	54,631	4,553	2,277	2,102	1,051
7	61,550	5,130	2,565	2,368	1,184
8	68,469	5,706	2,853	2,634	1,317
Each Additional Person	+6,919	+577	+289	+267	+134

\*Count a pregnant woman as 2 people.  
Adapted from: *Eligibility*. 2010. Virginia Department of Health. 22 June 2010.  
<http://www.vahealth.org/NuPAFP/General%20Info/eligibility.htm>

## How does one apply?

- Contact Virginia’s Department of Health to set up an appointment. When you call to set up an appointment, someone will tell you the WIC location nearest you and what you need to bring with you.
- Download the [application](#) found on the Virginia Department of Social Services website.

## Contact Information

### Division of WIC & Community Nutrition Services

Virginia Department of Health

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Richmond, VA 23219

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Toll-free in-state: 1 (888) WIC FOOD or 1 (888) 942-3663

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