

Delicious Food. Happy Family.



What is WIC?

- A Nutrition and Breastfeeding Program
- Experts in nutrition for pregnancy, breastfeeding, infants, toddlers and preschoolers
- Personalized nutrition tips and support for parents and caregivers
- Breastfeeding information, support and resources
- Referrals to other community resources
- Healthy foods

Who is WIC for?

- Infants
- Children up to five years of age
- Pregnant women
- Breastfeeding women, until their infant's first birthday
- Women whose pregnancy ended <6 months ago

Arizona WIC is here for you!

Visit azwic.gov, or call **1 (800) 2525-WIC** to find the nearest clinic.

To download the free EzWIC App, go to the App Store or Google Play and search for EzWIC.



Effective Date: April 1, 2023

WIC Eligibility is based solely on your gross income, this chart can help determine your eligibility

Number of family members	Income every two weeks	Monthly income
*2	\$1,404	\$3,041
3	\$1,769	\$3,833
4	\$2,135	\$4,625
5	\$2,501	\$5,418
6	\$2,867	\$6,210
7	\$3,232	\$7,003
8	\$3,598	\$7,795
Each additional member	\$366	\$793

*A pregnant woman is considered a family of 2



This institution is an equal opportunity provider.

Contact your local WIC agency: