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# Media Release

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## WIC Provides Help with Healthy Foods

For pregnant women and parents with young kids, help with the grocery bill may be available. The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides nutrition education, resource referrals, and supplemental foods to families with children under age 5 (including pregnant women) who meet the income guidelines. The income guidelines are set at 185% of the Federal Poverty Level – a family of 4 could make up to \$821 per week or \$42,643 per year (gross income, before taxes.) If a family participates in FoodShare, BadgerCare, or free or reduced lunch programs at school they are likely to qualify, but many working families qualify too. Participants receive vouchers to purchase foods including milk, cereal, eggs, fruits and vegetables among others.

To learn more about the WIC program, visit the Wisconsin WIC Program website at <http://www.dhs.wisconsin.gov/wic/> or call Pierce County WIC at 715-273-6755.

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The Pierce County Public Health Department mission is to assure the health of the public, prevent disease and injury, promote healthy behaviors, and protect against environmental hazards.