



Women, Infants & Children Nutrition Education and Supplemental Food Program (WIC)

888-5457

McLean County Health Department

WIC Program

What is WIC?

Women, Infants, and Children is a state-wide program that provides nutritious foods for health, growth and development; encourages regular health care; and promotes food nutrition through education. Nutritious food packages and coupons are provided without cost to pregnant, postpartum or nursing women, infants, and children under 5 years old who demonstrate a need as determined by WIC guidelines.

WIC Promotes Breastfeeding

WIC encourages and supports breastfeeding. The nutrition and overall health advantages to the infant are promoted during WIC nutrition education sessions.

Information about the convenience, low cost and bonding advantages to the mother are also provided. A larger amount of WIC food is provided for the breastfeeding mother to support her higher nutritional needs. Nutritionists are always available to provide breastfeeding information and support.

WIC Food Packages

The supplemental food package may include the following foods:

For Pregnant, Postpartum and Nursing Women, and Children to Age Five

Milk	Cheese	Cereal	Eggs
Juices	Dried Beans	Peanut Butter	

For Infants

Iron Fortified Formula	Infant Cereal	Infant Juice
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Do You Meet WIC Guidelines?

- Pregnant or have had a baby in the past 6 months
- Have a child younger than 5 years old
- Resident of McLean County
- Have physical, nutritional, and financial need (determined by evaluation and screening)

Income Guidelines

Family Size	Annually	Monthly	Weekly
1	\$19,240	\$1,604	\$370
2	25,900	2,159	499
3	32,560	2,714	627
4	39,220	3,269	755
5	45,880	3,824	883
6	52,540	4,379	1,011
For each additional family member add	+6,660	+555	+129

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McLean County Health Department
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