



## WIC - Women, Infants, and Children Program

Categories : [Food](#)

WIC is a federal grant program administered nationally by the U.S. Department of Agriculture ([www.fns.usda.gov/wic/](http://www.fns.usda.gov/wic/)) and at the state level by the Connecticut State Department of Public Health (<https://portal.ct.gov/DPH/WIC/WIC>)

(WIC is not an entitlement program. Congress does not set aside funds to allow every eligible individual to participate in the program. It is a grant program for which Congress authorizes a specific level of funding each year.)

### Program Description:

WIC provides specific nutritious foods, nutrition education, health care referrals to eligible pregnant women, postpartum women up to six months regardless of how pregnancy ends, breastfeeding women up to one year after delivery, (non-breastfeeding postpartum women – up to 6 months after the birth of an infant or after pregnancy ends), and infants and children up to their fifth birthday. WIC participants receive an eWIC card for the purchase of infant cereal, iron-fortified adult cereal, vitamin C-rich fruit or vegetable juice, eggs, milk, cheese, peanut butter, dried and canned beans/peas, canned fish, soy-based beverages, tofu, fruits and vegetables, baby foods, whole wheat bread, and other whole-grain products. Foods covered may depend upon the nutritional needs of the individual.

Recipients are re-certified every six months to determine if medical or nutritional risk exists. Recipients receiving WIC benefits in Connecticut must be state residents, but U.S. Citizenship or permanent residency status is not required.

### Eligibility:

- Pregnant and up to 6 months postpartum or up to 12 months if breastfeeding.
- Child/children up to their fifth birthday.
- Income at or below 185% of the Federal Poverty Level. (NOTE: A pregnant woman is counted as 2 when determining family size; 3 if she is carrying twins, etc.)
- Must be at nutritional risk.
- Must be a Connecticut resident.
- It is not necessary to be a U.S. citizen or a documented immigrant. (WIC does not require proof of citizenship or alien status and participation in WIC will not affect your immigration or naturalization status).

For on more information regarding WIC and/or SNAP – Benefit Comparison and Eligibility, visit the eLibrary paper here: <https://uwc.211ct.org/wic-and-or-snap-benefit-comparison-and-eligibility/>

### Other WIC Information:

- If applicant lives with her/his parents and he/she is not on Healthy Start/Medicaid or does not have a job, the parents income is counted.
- An unborn child is counted in family size when determining income eligibility.
- Being on WIC does not reduce SNAP benefits (food stamps).
- Food is prescribed according to the nutritional and developmental needs of the recipients.
- Participants are given appointment times for nutrition education



- Many stores accept eWIC card.
- WIC Unit at the Connecticut Department of Public Health authorizes retailers to be able to accept WIC checks as payment for food.
- Between July and October, WIC recipients also receive \$15 coupons to buy fruits and vegetables at local farmers' markets.

**Benefits of eWIC:**

- A safer, easier and more convenient way for participants to shop for food
- Similar to a debit/credit card with a magnetic strip
- All members of the same household on WIC have their benefits on one card
- Reduces errors in choosing WIC approved foods
- Family can buy their food when they need it
- The cash register/EBT system checks the participants available food prescription balance right then

**How to Apply:**

Contact your local WIC office; (Note: There is no direct service at the Connecticut Department of Public Health)

**To Find Providers in Connecticut's Community Resources Database:**

Search by service name: [WIC](#)

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*SOURCES: U.S. Department of Agriculture website; Connecticut Department of Public Health website*

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