

fact sheet



The purpose of the Arkansas WIC Program (Special Supplemental Nutrition Program for **W**omen, **I**nfants and **C**hildren) is to improve the nutrition of eligible pregnant, breastfeeding and postpartum women, infants and young children during periods of critical growth. The Program provides electronic benefit cards (eWIC) for specific foods that participants redeem at local grocery stores, nutrition education and referrals to other services.

Pregnant, breastfeeding and postpartum women, infants and children under age five are eligible for WIC if they:

- **Live in Arkansas.** There is no waiting period to meet the residency requirement.
- **Meet income guidelines.** These guidelines are set at 185% of poverty. Applicants must provide proof of household income. Recipients of Medicaid, ARKids First, TEA and/or SNAP (Food Stamps) may be automatically income eligible for WIC.
- **Are nutritionally eligible.** Conditions such as anemia, certain medical disorders, weight (underweight, overweight, pattern of gain or loss, weight in relation to height, etc.), number and frequency of pregnancies, and inappropriate nutrition practices are some of the factors considered in a nutritional assessment. This assessment is performed by a nurse, nutritionist or physician in the Local (County) Health Unit.

Foods provided to children and women may include:

- Milk
- Cheese
- Juice
- Iron-fortified cereal
- Dried or canned beans or peas
- Eggs
- Whole grains
- Fresh or frozen fruits & vegetables
- Peanut butter
- Canned fish

Foods provided to infants include:

- Special food packages for breastfeeding mothers
- AND/OR**
- Iron-fortified infant formula
 - Infant cereals
 - Infant foods



For more information

Call: 1-800-462-0599

Click: www.healthy.arkansas.gov/programs-services/topics/wic

WIC is available in every Arkansas county at the Local (County) Health Units.

INCOME GUIDELINES (Arkansas WIC Program, effective July 1, 2019)

Family/Household Size	1	2	3	4	5
Annual Gross Income	\$23,107	\$31,284	\$39,461	\$47,638	\$55,815

(Add \$8,177 per year for each additional family member.)

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(1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410;
 (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

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