Applying for WIC for Teen Moms

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is a food program. Federal grant money for WIC helps low-income women and their babies get:

- nutritious food or formula
- health care referrals
- nutrition education

Congress only grants a specific amount of money each year for WIC programs. It is not a guaranteed benefit. The program helps:

- Pregnant women (WIC appointments during pregnancy are scheduled every 3 months.)
- Women who are breast-feeding, until their infant’s 1st birthday
- Non-breastfeeding women, up to 6 months after their baby was born
- Infants, up to their 1st birthday.
- Children who are found to be at nutritional risk up to their 5th birthday.

Applying for WIC

To be eligible for the WIC Program, applicants must meet all of these requirements:

- **Categorical:** pregnant woman, breast or bottle-feeding infant, or child under age 5.
- **Residential:** you must live in Ohio if applying for WIC in Ohio.
- **Income:** see the Ohio WIC Program Income Guidelines chart on page 3.
- **Nutrition Risk:** a doctor, nurse or dietitian will state the need.

The Teen and Pregnant (TaP) Clinic staff can help you get started.

- If you are pregnant, a TaP patient, and not already signed up with WIC, TaP will schedule your first appointment at the Nationwide Children’s Hospital WIC office.
- The Nationwide Children’s Hospital WIC office is in the Outpatient Care Center at 555 S. 18th Street. It is in the Primary Care Clinic on the 3rd floor.
- If you need to change your appointment or have questions call (614) 722-2685. You have a better chance of talking to someone if you call first thing in the morning. If no one answers, leave a message.
Changing Your WIC Location

If you would like to change the location of your WIC clinic to one closer to you, ask one of the TaP dietitians. They can help you find WIC clinic contact information for the office closest to your home.

If you decide to change your WIC location your card will be inactive for 24 hours.

Once it is transferred and activated in the new location you will be able to use it again.

What You Will Need to Apply for WIC When Pregnant

- Something with your address on it (like a bill or another piece of mail)
- Pregnancy verification letter. TaP will provide this if you are a patient. If you are not a TaP patient, your health care provider can give you a letter stating that you are pregnant.
- Your insurance card. If you do not have Medicaid, Molina or Caresource you will need a current month of pay stubs for your household.
- A legal guardian (if you are under the age of 18)

After Your Baby is Born

- After your baby is born, please call your WIC clinic to schedule an appointment for both you and your baby.
- You may only continue to go to the Nationwide Children’s WIC office if your child is seen at Children’s Primary Care or in one of the specialty clinics.

What You Need to Apply for WIC for Your Baby

- WIC prescription if your baby is on a special formula. This will be provided by a TaP dietitian or your baby’s health care provider.
- Your baby’s health insurance card. If you do not have Medicaid, Molina or Caresource you will need a current month of pay stubs for your household.
- Income record. This is a statement showing your household’s income for the last 30 days.
- Something with your address on it (like a bill or another piece of mail)
- The “crib card” from the birth hospital or the baby’s birth certificate
Ohio WIC Program Income Guidelines

WIC income guidelines are updated each year. The chart below is through June 2016 only.
To be eligible for WIC the gross (before taxes) income of the household must be less than or equal to these levels:

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<th>Household Size</th>
<th>Annual</th>
<th>Monthly</th>
<th>Twice-Monthly</th>
<th>Bi-Weekly</th>
<th>Weekly</th>
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<td>Each additional family member, add:</td>
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