

Are you curious about eligibility for WIC?

WIC Eligibility Requirements



Women

- **Pregnant** (during pregnancy and up to 6 weeks after the birth of an infant or the end of the pregnancy)
- **Postpartum** (up to six months after the birth of the infant or the end of the pregnancy)
- **Breastfeeding** (up to the infant's first birthday)

Infants

Up to the infant's first birthday

Children

Up to the child's fifth birthday

Additional requirements:

- Income requirements are based on family size
- Individuals with medical-based or dietary-based conditions as determined by a medical professional may qualify based on state-specific guidelines
- You must live in the state in which you are applying



Each family's circumstance is unique. MFAN encourages you to meet with a staff member at your local WIC office.

Navigating WIC can be a little different for military families.

Did you know...

- ★ **Basic Allowance for Housing (BAH)** is often not counted in income calculations, meaning that even if you have been turned down for other federal programs, you may still qualify for WIC
- ★ **There is no minimum residency requirement** when applying for WIC — you can apply as soon as you PCS to a new duty station
- ★ **If the service member is deployed or stationed overseas**, they are still counted as a part of household
- ★ **There are state-specific guidelines** regarding special pay – your local WIC office is the best place to get information about your eligibility

Visit [signupwic.com](https://www.signupwic.com) to find a WIC office near you, learn more about eligibility guidelines, and complete an application.

USDA Food and Nutrition Service. (2023). *Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)*. <https://www.fns.usda.gov/wic>

Websites:

www.fns.usda.gov/wic/wic-eligibility-requirements

www.fns.usda.gov/wic/family-size-and-income-determinations-military-families

