

Austin/Travis County Health & Human Services



FOR IMMEDIATE RELEASE



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June 23, 2015 New WIC Income Guidelines Released

The Austin/Travis County Health and Human Services Department's Women, Infants and Children (WIC) program announces revised U.S. Department of Agriculture income guidelines for eligibility in the WIC Program.

To be eligible for WIC benefits, an applicant must meet income guidelines and be at nutritional risk. An applicant's gross income (i.e. before taxes are withheld) must be at or below 185 percent of the U.S. Poverty Income Guidelines. For example, a family of four may earn up to \$44,863 annually, \$3,739 monthly and \$863 weekly. Family size includes the baby/babies of pregnant woman. Applicants, who currently receive Medicaid, SNAP, or TANF, are automatically income-eligible for WIC.

The WIC Program benefits pregnant women, new mothers, breastfeeding women, infants, and children up to the age of 5 years old. WIC provides nutritious foods, information on healthy eating, breastfeeding education and support, and referrals to health care and community services. Breastfeeding is promoted as the healthiest way to feed infants.

WIC benefits are used at local grocery stores for specific food items. WIC foods include milk, cheese, eggs, juice, cereal, fruits, vegetables, tuna, salmon, sardines, bread, brown rice, tortillas, beans, peanut butter and baby food.

As of April 1, yogurt has been added as a milk alternative for women and children 2 years old and older. This option allows participants to choose a quart of milk or a 32 oz. container of yogurt. Whole wheat pasta will also be available to offer options to WIC Participants.

WIC participants receive benefits to purchase fresh or frozen fruits and vegetables. A participant will now be able to pay the difference when their fruit and vegetable purchase exceeds the value of their benefits. Participants can choose to pay the difference with cash, check, credit/debit card or SNAP EBT card.

To learn if your family is eligible for WIC services or to make an appointment call: 512-972-4942 or email us at wichelp@austintexas.gov. If you live in Bastrop County call 1-877-942-2778. The Austin/Travis County Health and Human Services Department's WIC Program has 12 clinics in Travis County and 2 clinics in Bastrop County. USDA is an equal opportunity provider and employer. Helpful links:

<http://www.austintexas.gov/wic>

<http://www.austintexas.gov/news/new-wic-income-guidelines-released>

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