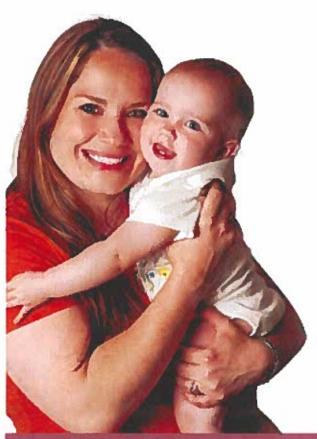
Join Texas WIC

We're here for you

"Thanks to WIC, I now have the tools I need to make sure my family stays on the path to a healthy lifestyle."

-Roxie, WIC Client



As a WIC Client, you'll get:

- Delicious food
- One-on-one counseling with nutritionists
- Easy recipes
- Nutrition classes
- Breastfeeding support
- Health and immunization screenings
- Cooking demonstrations
- Personalized support
- Children's activities

Are you eligible?

Eight million women, infants, and children get WIC benefits. WIC is for pregnant women, new parents, infants, and children under five. If you are on Medicaid, TANF, or SNAP you already qualify.

Texas WIC Income Guidelines

Number of people in the home*	Monthly Income	Annual Income
2	\$ 3,152	\$ 37,814
3	\$ 3,981	\$ 47,767
4	\$ 4,810	\$ 57,720
5	\$ 5,640	\$ 67,673
6	\$ 6,469	\$ 77,626

Hective April 1, 2024

Start now. Call 1-800-942-3678 or visit TexasWIC.org





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^{*} A pregnant woman's household can be increased by the number of infants she is expecting. For more than 6 household members, call your local WIC office.

^{**} Income can also be determined on a weekly or biweekly basis.