

# 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     |

Effective April 1, 2024

\* 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.

**Start now. Call 1-800-942-3678 or visit [TexasWIC.org](https://TexasWIC.org)**



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