



Get Healthy Foods and **More!**

You can take online classes, meet with other families, and get one-on-one nutrition counseling so you can make smart choices and delicious family meals!

If you qualify, you'll get a food package specially designed to meet your needs and help your family grow healthy and strong.

Your food package could include:

- Fresh and frozen fruits and vegetables
- 100% fruit and vegetable juices
- Milk and cheese
- Eggs
- Whole grains like brown rice, whole-wheat tortillas, and whole-wheat bread
- Healthy cereals
- Canned or dried beans
- Peanut butter
- Canned fish
- Baby foods and formula



Call Us to Make an Appointment. 512-972-4942

or email us at
wichelp@austintexas.gov

Scheduling Center Hours

Monday and Tuesday

7:00 am- 7:00 pm

Wednesday and Thursday

7:00 am- 4:30 pm

Friday 7:00 am- 3:30 pm

Open the 2nd Saturday of every month

8:00 am - 12:00 pm



Austin/Travis County Health
and Human Services Department



www.austintexas.gov/wic

www.facebook.com/austinpublichealth

www.twitter.com/auspublichealth

WIC helps you make amazing kids!

Visit our website at **Texas WIC .org**



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Nutrition Services Section.



Join Our **Healthy Family**

TEXAS WIC

Get **Inspired.**

Grow With Us.

Get Started
With **WIC.**

WIC gives you the services, support, and inspiration you need to eat right, have a healthy pregnancy, breastfeed successfully, and raise amazing kids.

Did you know more than half of the babies in Texas get WIC services?



WIC benefits are for:

- Pregnant women
- New mothers
- Infants
- Children up to their 5th birthday

We know your family's health is important to you. WIC helps Texas families like yours get healthy, and the best part is – **WIC grows with you.**

Texas WIC...

- supports you and your child from pregnancy to delivery to **raising a toddler.**
- shares ways to stay healthy by offering classes, **children's activities, cooking demonstrations,** and shopping tips.
- **answers your questions** about good nutrition for your family.
- helps you buy the foods that you and your children need to **stay healthy.**
- gives you **personal attention** from WIC breastfeeding experts, and extra benefits like breast pumps and special food packages.
- helps you **find other health-care services** near you.

WIC is open to many incomes and families. If you are on Medicaid, TANF, or SNAP you may automatically qualify for WIC. If you don't qualify for those programs, **you may still be eligible for WIC.**

Texas WIC Income Guidelines

Number of Household members*	Gross Monthly Household Income effective May 1, 2014	Gross yearly Household Income effective May 1, 2014
1	\$0 up to \$1,800	\$0 up to \$21,590
2	\$0 up to \$2,426	\$0 up to \$29,101
3	\$0 up to \$3,051	\$0 up to \$36,612
4	\$0 up to \$3,677	\$0 up to \$44,123
5	\$0 up to \$4,303	\$0 up to \$51,634
6	\$0 up to \$4,929	\$0 up to \$59,145

* A pregnant woman's household is increased by the number of infants she is expecting. For more than 6 household members, or if you have any income questions, call your local WIC clinic.