



**“He’s my whole world,”**

says Raquel as her son Daniel wriggles out of her lap and onto the floor. “When he grows up, I want him to do well, to study, be a doctor or an engineer, to do what he likes.”

Raquel found out about the WIC program at her prenatal clinic. As a single mother earning about \$12,000 per year cleaning offices, she needed help to afford nutritious foods for herself and her child. WIC’s nutrition education programs and food vouchers helped her to maintain a healthy pregnancy. Raquel was able to combine breastfeeding at home, with formula for Daniel when she went back to work after six weeks. “I think more than anything, that’s why people first enroll in WIC,” she says, “because formula is expensive, and the vouchers help us so much.”



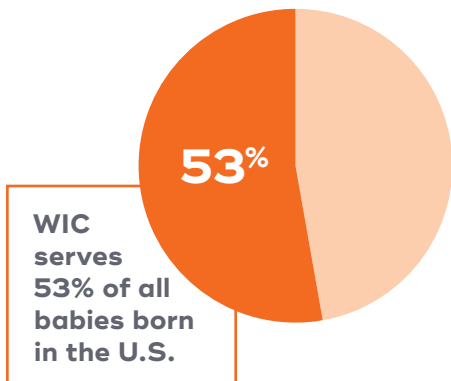
PHOTO: ALLISON YOUNG

Daniel and mother Raquel live in DeKalb County, GA

**“I want him to have milk, fruits, and vegetables... whatever is best for him.”**  
–Raquel

As infants become toddlers, the WIC food package changes according to children’s developmental needs. “We’ll use WIC until he turns five (the age limit), because I want him to have milk, fruits, and vegetables.” says Raquel. “Whatever is best for him.”

## Special Supplemental Nutrition Program for Women, Infants, and Children – WIC



Source: USDA Food and Nutrition Service, 2015.

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a highly successful federal food program that provides nutritional assistance and education to low-income pregnant and postpartum women, infants, and children ages one through four. WIC offers new mothers breastfeeding information and support, and WIC clinics check the baby’s growth patterns and nutritional needs, with an overall emphasis on child and family well being. WIC vouchers pay for specific approved foods that are tailored to each mother and child’s nutritional needs. Fruits, vegetables, whole grain breads, dairy, and eggs are some of the healthy food options that may be granted.

**WIC is for all kinds of families;** married and single parents, working or not working, grandparents, foster parents, and other legal guardians. All can apply for WIC if they have a child under age five and have a family income within the WIC guidelines.

If a family is currently receiving Medicaid, TANF, or SNAP (food stamps), they are automatically eligible for WIC.

WIC is a nutrition education program. WIC is also an effective mechanism for addressing food insecurity among pregnant women, infants, and young children. About 70% of food insecure Georgians have incomes at or below the WIC eligibility limit.

<b>WIC INCOME ELIGIBILITY GUIDELINES*</b>		
<i>185% of Federal Poverty Guidelines</i>		
<b>Household Size</b>	<b>Yearly Income is no greater than</b>	<b>Monthly Income</b>
1	\$21,978	\$1,832
2	\$29,637	\$2,470
3	\$37,296	\$3,108
4	\$44,955	\$3,747

*\*WIC covers families up to 185% of the federal poverty level – higher than SNAP – because it is so urgent for pregnant women and young children to have a healthy diet. Source: Georgia Department of Public Health, 2016.*

## WIC Shows Results

Extensive research shows that WIC participation is connected to:

- better birth outcomes
- improved diets among children
- higher rates of primary and dental care
- increased immunization rates
- better educational outcomes

## WIC by the Numbers

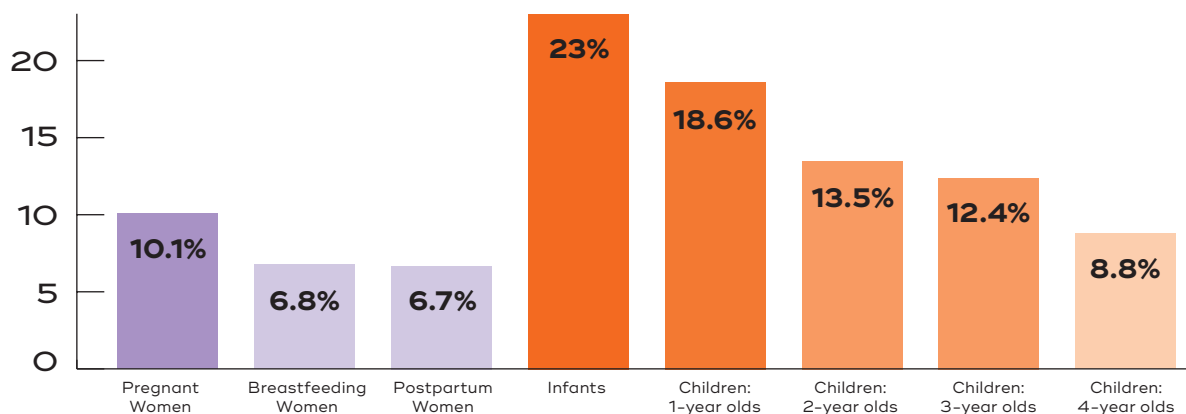
In Georgia there are approximately:

- 250,000 WIC participants
- 55% coverage rate
- Coverage Rate, Women & Infants = 75%
- Coverage Rate, Kids 1-4 = 47%

*Source: USDA Food and Nutrition Service, 2016.*

## WIC PARTICIPANTS BY PARTICIPANT GROUP (OUT OF 100%)

All WIC participants are categorized into the following groups:



**Investing in nutrition for pregnant women, infants, and young children results in healthier outcomes for the next generation of Georgians. At the Atlanta Community Food Bank, we advocate for the WIC program because we believe people should have access to the nutritious meals they need, when they need them.**

*Source: Economic Research Service, USDA, 2015.*

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