

Income eligibility:

Families already receiving Medical, TANF or Food Stamps are income eligible for the WIC program

WIC Income Eligibility Guidelines
(Effective April 1, 2012 to June 30, 2013)

Persons in Family or Household Size*	Annual	Monthly	Twice-Monthly
1	\$20,676	\$1,723	\$862
2	\$27,996	\$2,333	\$1,167
3	\$35,328	\$2,944	\$1,472
4	\$42,648	\$3,554	\$1,777
5	\$49,980	\$4,165	\$2,083
6	\$57,300	\$4,775	\$2,388
7	\$64,632	\$5,386	\$2,693

* If you are pregnant, count yourself as two (2).

* Household means a group of people (related or not) who are living as one economic unit.

In accordance with Federal law and US Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call 800-795-3272(voice) or 202-720-6382(TTY).

USDA is an equal opportunity provider and employer.

Ampla Health, Inc. WIC Program serving Yuba and Colusa Counties at these locations:

Marysville - main office

Yuba County One Stop
1114 Yuba St., Suite 217—Marysville
Ph: (530) 749-4830—Open: M-F 8am-6:30pm

Beale Air Force Base

Airman & Family Readiness Center
17800 13th St.—Beale AFB
Open: 3rd Tuesday of the month

Olivehurst

4957 Olivehurst Ave. Olivehurst
Open: Wednesdays, Thursday & Fridays
9-5pm

Colusa—main office

515 Fremont St.- Colusa
Ph: (530)458-5503—Open: T-F 8am-6:30pm

Arbuckle

Arbuckle Family Health Center
89 Putnam Way. Arbuckle
Call: (530) 458-5503 (Colusa Office)



Updated 5/12

This Institution is an Equal Opportunity Provider

The Women, Infants and Children Supplemental Nutrition Program



WIC Makes A Difference

"Better nutrition for healthier families"



WIC Offers:

- Nutritious foods
- Nutrition & physical activity education
- Breastfeeding support
- Referrals to other programs

Feed your family well.

The WIC program helps families like yours start strong and stay that way. We give you checks you can use to get nutritious foods, that will supplement your diet, at no cost to you.

Who's eligible?

- Pregnant women
- New moms (up to six months after delivery)
- Breastfeeding moms (up to one year after delivery)
- Infants
- Children under the age of five

You must also:

- Meet the income guidelines and
- Go to the WIC office in the County that you live in.

Can men participate in WIC?

WIC welcomes men! We recognize the important role that fathers, grandparents, stepparents, and other guardians play in caring for kids. Fathers and other caregivers of kids under 5 are encouraged to enroll and bring kids to appointments, attend nutrition and health workshops, and use WIC checks.



How do you apply?

As a WIC applicant, you must visit one of our clinics to be enrolled. At the appointment, you'll receive nutrition support, and learn about other services you can use to help your family.

You will need to bring proof of address and income, as well as your I.D. or ID for your children.

What will you get?

The WIC checks can be used at local grocery stores for nutritious foods. You will also receive WIC's services including nutrition and physical activity education, free breast pump loans, breastfeeding education, breastfeeding peer counseling, and referrals to other helpful programs. The food is healthy and everything is free, which makes it easy to do what's right for you and your kids.

WIC is offered on Military Bases all over the World.

WIC is offered in every County of the U.S. WIC is also available in all U.S. territories and on most overseas military bases through the WIC Overseas Program. Let us help you enroll or transfer to one of these programs.



Military Income Guidelines:

Included income includes: Gross Basic Pay, BAS, career sea pay, CEFIP, clothing allowance, COLA, combat pay, FLPP, foreign duty pay, FSA, hardship duty pay, hazardous duty pay, HFP, SBP, SDAP, SRB and Veteran's Educational Assistance Program or the GI Bill.

Excluded income includes: Basic allowance for housing (BAH), FSH, OCONUS Cola, OHA and the amount taken out upfront for Veteran's Educational Assistance Program or the GI Bill.

