

WIC and SNAP Benefits

Did you know there are programs that help you get more healthy food for your family? They can help you learn more about food and breastfeeding too. These programs are called WIC and SNAP.

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

The WIC program helps:

- Pregnant and breastfeeding women
- Women who recently had a baby
- Infants and children up to age 5

What do I get from WIC?

- Nutrition education
- Breastfeeding education and support
- Healthy foods like cereal, eggs, milk, whole grain foods, fruits and vegetables and iron-fortified infant formula, like Similac and Enfamil

How can I get WIC?

You can get WIC benefits if:

- You meet income needs. This means you are at or below 185% of the federal poverty limit. For a family of four, that is \$55,500 per year or \$4,625 per month.
- You are an Ohio resident.
- A doctor or other health care provider thinks you or your children need them.

Scan the QR code to find your local WIC clinic.



Supplemental Nutrition Assistance Program (SNAP)

The SNAP program helps you buy healthy food. People who use SNAP have money put on the Ohio Direction card. It's like a debit card that you use at the store.

How can I get SNAP?

You can get SNAP benefits if:

- You meet income needs. This means what you get paid every month is at or below 100% (after deductions) to 130% (before deductions) of the federal poverty limit. For a family of four, that is \$3,250 (after deductions) to \$4,625 (before deductions) per month.
- You are a U.S. citizen or legal resident.

Scan the QR code to learn more or apply.

