

Women, Infants & Children Nutrition Program (WIC)

WIC Mission Statement

The mission of the Michigan WIC Program is to improve health outcomes and quality of life for eligible women, infants and children by providing nutritious food, nutrition education, breastfeeding promotion and support and referrals to health and other services. To this end:

- Delivery of services and supports are to be provided in a caring, respectful, efficient and cost effective manner.
- Delivery of services shall be provided in a culturally competent and confidential manner.
- The WIC Program shall assure the broadest possible access to services, supports and food.

What is WIC?

WIC (Women, infants, and children) is a federally funded program designed to help mothers and young children eat well and stay healthy.

Who is eligible for WIC?

- Women who are pregnant, breastfeeding, or whose pregnancy recently ended
- Infants under 12 months old
- Children under 5 years of age

Some of the services provided to eligible clients at no cost include:

- Nutrition education and guidance.
- Health screenings which include height/weight and BMI (Body Mass Index) charting as well as hemoglobin testing.
- Breastfeeding education and support.
- Issuance of vouchers/checks to purchase nutritious foods at local grocery stores to supplement your diet. Some of these foods are milk, cheese, infant formula, iron-fortified cereal, eggs, beans, and peanut butter.
- Referrals for health care.

To schedule an appointment call Bendle Family Health Services, 810-591-9012.

Michigan WIC Income Guidelines

Family Size	Annual	Monthly	Weekly
1	20,665	1,723	398
2	27,991	2,333	539
3	35,317	2,944	680
4	42,643	3,554	821
5	49,969	4,165	961
6	57,295	4,775	1,102
7	64,621	5,386	1,243
8	71,947	5,996	1,384
9	79,273	6,607	1,525
10	86,599	7,218	1,666
Each additional family member	Plus 7,326	Plus 611	Plus 141

Pregnant women are counted as two family members. Income guidelines are based on 185% of poverty level.

This institution is an equal opportunity provider.

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