

# TEXAS WIC: A Guide for Partner Programs & Agencies

## Why Refer Your Clients to Texas WIC?

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) gives families the services, support and education they need to eat right, have a healthy pregnancy, breastfeed successfully and raise amazing kids.

## Who Can Qualify?

- Pregnant Women
- Breastfeeding Women
- Women who have had a baby in the last six months
- Infants
- Children up to their 5th birthday
- Foster children up to their 5th birthday

## Maximum Income Eligibility Guidelines

Effective April 1, 2023

WIC is open to many incomes and families. Applicants on Medicaid, TANF, or SNAP may already meet the income eligibility guidelines for WIC. Applicants not on these programs may still qualify for WIC by meeting the income guidelines for their household. Households with income up to 185% of the federal poverty level are eligible.

Number of Household Members*	Gross Monthly Household Income**	Gross Yearly Household Income**
1	\$2,248	\$26,973
2	\$3,041	\$36,482
3	\$3,833	\$45,991
4	\$4,625	\$55,500
5	\$5,418	\$65,009
6	\$6,210	\$74,518

\*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 1-800-942-3678.

\*\* Income can also be determined on a weekly or biweekly basis.

## Partner Resources

WIC is working together with partners to improve the health of Texas families. Visit the Health Partners page on [TexasWIC.org](https://www.texaswic.org) for resources.

**Start an application online at  
TexasWIC.org or call 1-800-942-3678**

## How Do You Refer Someone to WIC?

Applicants can start their application online at [TexasWIC.org](https://www.texaswic.org) or call 1-800-942-3678 for more information. Applicants can also find their closest WIC clinic at [TexasWIC.org](https://www.texaswic.org) and call the WIC clinic to make an appointment.

## What to Expect at the First WIC Appointment

Applicants will need to have:

### 1. Identification for all family members applying for WIC. Examples:

- Medicaid, SNAP, or TANF form/letter
- Driver's license
- Social Security card
- Birth certificate
- Other proof (check with WIC clinic or [TexasWIC.org](https://www.texaswic.org))

### 2. Proof of income for everyone in the household. Examples:

- Medicaid, SNAP, TANF form or letter (dated the same month as WIC appointment)
- Paycheck stubs dated within 30 calendar days of WIC appointment
- Social Security benefits statement
- Tax return(s)
- Child support
- Other (check with WIC clinic)

### 3. Proof of where they live.

Applicants must be a resident of Texas. United States citizenship is not a requirement for eligibility. Document of proof must have name, street address, city, state and zip code. Examples:

- Medicaid, SNAP or TANF form/letter
- Utility bill (light, water or phone)
- Rent receipt or letter from landlord
- Other proof (check with WIC clinic)

### 4. Each person applying for WIC.

WIC will measure the height and weight and test the hematocrit or hemoglobin level of each applicant and offer personalized nutrition and/or breastfeeding support.

## WIC Services

### Nutrition Education

WIC offers personalized nutrition counseling and education from friendly nutrition experts.

### Breastfeeding Support and Education

WIC helps clients reach their breastfeeding goals. Most WIC clinics have breastfeeding peer counselors and/or International Board Certified Lactation Consultants (IBCLCs) who give moms personal attention. Also, clients may be eligible for a breast pump from WIC.

A free breastfeeding support hotline is available 24 hours a day, 7 days a week at **1-855-550-6667**.

Or visit [BreastmilkCounts.com](https://www.breastmilkcounts.com) for more breastfeeding information.

### WIC Foods

WIC helps families buy foods that are full of the nutrients needed to grow healthy and strong. The monthly food package may include:

- Fruits and vegetables
- 100% fruit and vegetable juices
- Milk, cheese and yogurt
- Eggs
- Whole grains like brown rice, whole wheat tortillas, whole wheat pasta and whole wheat bread
- Healthy cereals
- Beans
- Peanut butter
- Canned fish
- Baby formula and baby foods

### Referrals

WIC connects clients to other health services like Medicaid, Texas Health Steps, Children's Health Insurance Program (CHIP), SNAP, immunizations and dental care.

WIC can help with additional referral needs like childcare, housing, transportation and more. WIC works as a team to refer clients to you as well.

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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should

contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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