

Who Qualifies for WIC?

In order to qualify for WIC, you must make at or below the **WIC Income Guidelines** shown below:
July 2023-June 2024

Family size	Annual	Monthly	Weekly
1	\$26,973	\$2,248	\$519
2	\$36,482	\$3,041	\$702
3	\$45,991	\$3,833	\$885
4	\$55,500	\$4,625	\$1,068
5	\$65,009	\$5,418	\$1,251
6	\$74,518	\$6,210	\$1,434
7	\$84,027	\$7,003	\$1,616
8	\$93,536	\$7,795	\$1,799
Each add'l family member	+ \$9,509	+ \$793	+ \$183

Stores Accepting WIC Coupons in Ford County:

- **County Market:** 415 E. 1st St., Gibson City
- **Paxton IGA:** 144 W. Pells St., Paxton

Benefits can be used anywhere in the state provided that the store is an approved WIC vendor. Proxies must be authorized and on file at the WIC office. Always take your WIC ID to the store. Only select items from the WIC food list. Benefits must be redeemed within the designated time-frame.

Family Case Management

Family Case Management is a comprehensive statewide management program that helps income eligible pregnant women, infants, and children to obtain healthcare services and other assistance that they may need in order to have a healthy pregnancy and to promote the child's healthy development.

Clients who are enrolled in this program receive assistance in various areas such as:

- Coordination of primary healthcare services,
- Developmental screenings and referrals, as well as lead screenings,
- Assistance with referrals to health, welfare, and social services.

In order to participate in this program through Gibson Area Hospital & Health Services, you must:

- Meet the income guidelines (those who qualify for WIC will qualify for Case Management) or have a child that was designated at birth to require follow-up.

For more information about these programs and to see if you may qualify for these services, please call 217-579-1087.



Gibson Area Hospital
& Health Services

GIBSON GETS IT

Services for Women, Infants, and Children

711 E. Pells Street
Paxton, IL 60957

Phone: (217) 579-1087



What is WIC?

WIC is a supplemental nutrition program for women, infants, and children.

WIC supplies extra healthy foods for:

- Women: pregnant, breast-feeding, or postpartum
- Infants under 1 year of age
- Children 1-5 years of age

WIC helps you learn about good nutrition.

How can I get WIC?

In order to receive WIC benefits, you must:

- Meet WIC income guidelines.
- Visit the WIC office for regular appointments.



WIC Foods










Infants up to 1 year:

- Cereal at 6 months
- Baby fruits/veggies at 6 months
- Baby meats at 6 months (for Infants totally breastfed)
- Infant formula (if the infant is not being breastfed or is being supplemented while breastfeeding)

Children ages 1-5 and women who are pregnant, breastfeeding or postpartum may receive:

- Milk
- Cereal
- Dry Beans or peas
- Juice
- Eggs
- Peanut butter
- Cheese
- Whole grains (bread, rice, oatmeal, or tortillas)
- Fruits/Vegetables
- Salmon (exclusively breastfeeding women only)
- Tuna (exclusively breastfeeding women only)

WIC Nutrients

WIC Food	Key Nutrients Provided
Milk	 Protein, calcium, Vitamins A & D, Folate, Riboflavin
Cheese	 Protein, calcium, Vitamins A & D, Folate, Riboflavin
Iron-fortified cereal	 Iron, B vitamins
Juice	 Vitamin C, Folate
Eggs	 Protein, B vitamins, Folate
Dry beans & peanut butter	 Protein, B vitamins, Folate, fiber
Iron-fortified infant formula	 If a woman chooses not to breastfeed, then iron- fortified formula is the best alternate source of essential nutrients for her infant.
Fruits & Vegetables	 Vitamins like A & C, fiber
Tuna	 Protein, Folate

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