

## Who qualifies for WIC?

In order to qualify for WIC, you must make at or below the WIC Income Guidelines shown below:

*July 2025 - June 2026*

Family Size	Annual	Monthly	Weekly
1	\$28,953	\$2,413	\$557
2	\$39,128	\$3,261	\$753
3	\$49,303	\$4,109	\$949
4	\$59,478	\$4,957	\$1,144
5	\$69,653	\$5,805	\$1,340
6	\$79,828	\$6,653	\$1,536
7	\$90,003	\$7,501	\$1,731
8	\$100,178	\$8,349	\$1,927
Each Additional Family Member	+\$10,175	+\$848	+\$196

### Stores accepting WIC Benefits in Ford County:

County Market: 415 E 1<sup>st</sup> St., Gibson City  
Kirby Foods: 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*



**WIC SERVICES FOR**

*Women*  
**INFANTS**  
**Children**

Monday-Thursday 8:00 A.M.-4:30 P.M.  
1st & 3rd Thursday of the month  
10:00 A. M.- 7:00 P.M.

**711 E. Pells Street  
Paxton, IL 60957**



**(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, breastfeeding, 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

	<b>Milk</b>	Protein, Calcium, Vitamins A & D, Folate, Riboflavin
	<b>Cheese</b>	Protein, Calcium, Vitamins A & D, Folate, Riboflavin
	<b>Iron-fortified Cereal</b>	Iron, B Vitamins
	<b>Juice</b>	Vitamin C, Folate
	<b>Eggs</b>	Protein, B Vitamins, Folate
	<b>Dry Beans &amp; Peanut Butter</b>	Protein, B Vitamins, Folate, Fiber
	<b>Fruits and Vegetables</b>	Vitamins A & C, Fiber
	<b>Tuna</b>	Protein, Folate
	<b>Iron-fortified Infant Formula</b>	If Women choose not to breastfeed, then iron-fortified formula is the best alternative source of essential nutrients for an infant

**This Institution is an equal opportunity provider.**