WIC is a source of nutrition education, breastfeeding support, and nutritional supplementation for income-eligible women, infants, and children who are at health risk due to inadequate nutrition. WIC is most successful when health practitioners work together and communicate consistent guidance regarding healthy behaviors.

**Who is eligible?**

Pregnant and breastfeeding women, women who recently had a baby, infants, and children up to 5 years of age, who also:

- Are present at the clinic appointment, and provide proof of identity;
- Are residents of the State of Ohio;
- Are determined by health professionals to be at medical/nutritional risk; and
- Meet income guidelines – 185% of Federal Poverty Income Guidelines

**Many Patients Will Benefit from WIC Services:**

- High or low weight children
- High or low rate of infant/child weight gain
- High or low gestational weight gain
- Food-insecure women, infants, children, or families
- Women who need a breast pump or breastfeeding support

**WIC Refers Participants to Physicians for:**

- 1st trimester prenatal care visits and subsequent, timely visits
- Well baby visits
- Up-to-date immunizations for children
- High or low weight children
- Low hemoglobin follow-up

**Connect patients to a local WIC clinic:**

State Phone # 1-800-755-GROW (4769)

**WIC clinics are located in all 88 Ohio counties**

Please visit [https://www.odh.ohio.gov/odhprograms/ns/wicn/weligible.aspx](https://www.odh.ohio.gov/odhprograms/ns/wicn/weligible.aspx) for more information on eligibility, income guidelines, and access to the WIC program application.


To find additional food resources in your community, go to: [http://ohioaap.org/FoodInsecurityResources](http://ohioaap.org/FoodInsecurityResources)