

# WIC

## ***How do I get on WIC?***

To apply for WIC benefits, you must visit a [WIC agency](#) near you. For additional assistance finding a WIC agency, please contact [TEL-LINK](#) at 1-800-TEL-LINK or 1-800-835-5465.

## ***What benefits does WIC offer?***

The WIC program provides breastfeeding support, nutrition education, referrals to appropriate health agencies, and nutritious foods for eligible applicants.

## ***Who is eligible to receive WIC benefits?***

WIC serves pregnant women, non-breastfeeding postpartum women (up to 6 months after delivery or termination of the pregnancy), breastfeeding women (up to 1 year after delivery as long as they are breastfeeding the baby), infants from birth up to 1 year of age, and children up to their 5th birthday.

All applicants must meet [income guidelines](#).

Individuals who meet income and category guidelines will be assessed for [nutritional risk factors](#) during the certification process.

Website: <http://www.dhss.mo.gov/WICFamilies/apply.html>

## ST. LOUIS CITY WIC LOCATIONS

St. Louis Human Development Corp. 929 N. Spring Ave. 63108 314-754-4525 8:30-5:00 M-F	Prince Hall Family Support Center 4411 N. Newstead Ave, 63115 314-381-9717 7:30-4:00 Tue & Thu 8:30-5:00 Fri	Grace Hill Soulard – Benton Health Center 2220 Lemp, 63104 314-814-8666 9:30-6:00 Tue & Wed 8:30-5:00 Mon, Thu, Fri
Florence Hill Office 5541 Riverview Blvd, 63120 314-382-7760 8:30-5:00 M-F	Family Care Health Centers 401 Holly Hills Ave., 63111 314-353-5190 x3403 8:00-4:00 Mon, Wed, Thu, Fri 10:30-6:30 Tue 8:00 -0 12:00 3 <sup>rd</sup> Sat	Grace Hill South 3400 S. Jefferson, 63118 314-771-7876 9:00-5:30 Mon, Wed, Thu 8:30-5:00 Fri Closed Tue
Homer G. Phillips 2425 N. Whittier Ave., 63113 314-371-3100 8:30-5:00 Fri	Family Care Forest Park Southeast 4352 Manchester Ave., 63110 314-531-5444 x 3028 8:30-4:30 Mon, Tue, Wed, Thu 8:00-12:00 1 <sup>st</sup> Sat	People's Health Centers 5701 Delmar Blvd., 63112 314-361-5728 8:30-5:00 Mon, Wed, Fri 11:30-8:00 Tue 8:30-7:00 Thu
Myrtle Hilliard Davis Comprehensive Health Center 5471 Dr. Martin Luther King Dr., 63112 314-367-5820 8:30-5:00 M-F	Grace Hill Murphy – O'Fallon Health Center 1717 Biddle St., 63106 314-814-08566 9:30-6:00 Mon & Wed 9:00-5:30 Tue, Thu, Fri	
Kingsway WIC Clinic 1408 N. Kingshighway, Ste. 211, 314-361-8092 10-30-7:00 Tue		

**Missouri WIC Income Guidelines/ Reglas de Ingresos del Programa de WIC en Missouri**  
**April/Abril 1, 2009 – March/Marzo 31, 2010**

<b>Family Size/Tamaño De la Familia</b>	<b>Annual/Anual</b>	<b>Monthly/Mensual</b>	<b>Weekly/Semanal</b>
1	20,036	1,670	386
2	26,955	2,247	519
3	33,874	2,823	652
4	40,793	3,400	785
5	47,712	3,976	918
6	54,631	4,553	1,051
7	61,550	5,130	1,184
8	68,469	5,706	1,317
9	75,388	6,283	1,450
10	82,307	6,859	1,583
11	89,226	7,436	1,716
12	96,145	8,013	1,849
13	103,064	8,589	1,982
14	109,983	9,166	2,116
15	116,902	9,742	2,249
16	123,821	10,319	2,382
Each additional family member/ Cada miembro adicional de la familia	Plus/Más 6,919	Plus/Más 577	Plus/Más 134

Pregnant women are counted as **two** family members. Income guidelines are based on 185% of poverty level. This institution is an equal opportunity provider. Cuentan a las mujeres embarazadas como dos miembros de la familia. Las reglas del ingreso se basan el 185% del nivel de pobreza. Esta institucion es un proveedor de igualdad de oportunidades!