

The Women Infants & Children program (WIC) has been updated and enhanced to best support the needs of Tennesseans. Help us spread the good news...

**No more paper vouchers**



The Tennessee WIC Program has moved from a paper-based method of benefit issuance to an electronic benefit transfer (EBT) system. Instead of issuing paper food instruments (vouchers), WIC food benefits are issued into an electronic benefit account.

Families use their TNWIC card and PIN to purchase their WIC approved foods at WIC authorized grocery stores and select pharmacies.

**TNWIC is now available in all 95 counties!**

**WICshopper App resource**

**Simplify your WIC shopping!**

- 1. Install "WICShopper" from your app store.**
- 2. Select Tennessee as your WIC Agency.**
- 3. Register using the 16-digit number from your TNWIC card.**
- 4. Scan products using the app to verify WIC-eligibility as your shop!**
- 5. View your remaining balance\*, food list, recipes, and more.**



**Eligibility Updates & Cash Value Benefits**

**WIC Income Eligibility Criteria for 2022-2023**

A participant's household gross income must be equal to or less than WIC income guidelines (185% of Federal poverty).

<https://www.tn.gov/content/dam/tn/health/program-areas/wic/WIC-Income-Eligibility-Guidelines-English-22-23.pdf>

Eligibility is still determined by income however the percentage line has moved significantly to include more of the population!! And now there is also additional \*Cash Value Benefits as listed in the chart !!

**Additional Cash Value Benefits  
Fruits and Vegetables Starting October 1, 2022**

Category	Amount
Child	\$25.00
Pregnant & Postpartum	\$44.00
Breastfeeding	\$49.00
Exclusively Breastfeeding with Multiples	\$73.50



**Contact your local Health Department and see if WIC can help with your food budget today!!**