



## What is WIC?

WIC is a federally funded health and nutrition program. WIC provides supplemental foods which promote good health for pregnant, breastfeeding and post-partum women, infants and children up to age five. **WIC food benefits are issued to an electronic benefit account . The TNWIC card can be used at any grocery that participates in the WIC program.**

## Who is eligible?

- Pregnant women
- New mothers
- Breastfeeding mothers
- Infants and children up to five years old who:
  - ◊ Are at nutritional risk
  - ◊ Have TennCare (Medicaid) or receive SNAP benefits ..OR
  - ◊ Meet the following income guidelines

**WIC Income Eligibility** (effective 7/1/2020—06/30/2021)  
**Call your local health department for an appointment.**

WIC ELIGIBILITY GUIDELINES					
EFFECTIVE FROM JULY 1, 2020 TO JUNE 30, 2021					
Household Size	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$23,606	\$1,968	\$984	\$908	\$454
2	\$31,894	\$2,658	\$1,329	\$1,277	\$614
3	\$40,182	\$3,349	\$1,675	\$1,546	\$773
4	\$48,470	\$4,040	\$2,020	\$1,865	\$933
5	\$56,758	\$4,730	\$2,365	\$2,183	\$1,092
6	\$65,046	\$5,421	\$2,711	\$2,502	\$1,251
7	\$73,334	\$6,112	\$3,056	\$2,821	\$1,411
8	\$81,622	\$6,802	\$3,401	\$3,140	\$1,570
Each Add'l Family Member Add:	\$8,288	\$691	\$346	\$319	\$160

Examples of foods that *may* be in a WIC food package.. Cheese, milk, yogurt, peanut butter, beans, cereal, juice, eggs, pasta, canned fish, infant foods, fresh fruits and vegetables.

## **Where is WIC available?**

The WIC Program is available in all health departments. You will be asked to present proof of identity, income and residency. For more information, call your local health department.

### **COUNTY HEALTH DEPARTMENTS UPPER CUMBERLAND REGION**

#### **Cannon County Health Department**

106 Alexander Drive  
Woodbury, TN 37190-5275  
615-563-4243

#### **Clay County Health Department**

115 Guffey Street  
Celina, TN 38551-4088  
931-243-2651

#### **Cumberland County Health Department**

1503 South Main Street  
Crossville, TN 38555  
931-484-6196

#### **DeKalb County Health Department**

254 Tiger Drive  
Smithville, TN 37166-3504  
615-597-7599

#### **Fentress County Health Department**

P. O. Box 636  
240 Colonial Circle, Suite A  
Jamestown, TN 38556-0636  
931-879-9936

#### **Jackson County Health Department**

600 N. Murray Street  
Gainesboro, TN 38562  
931-268-0218

#### **Macon County Health Department**

601 Highway 52 By Pass East  
Lafayette, TN 37083-0026  
615-666-2142

#### **Overton County Health Department**

5880 Bradford-Hicks Drive  
Livingston, TN 38570  
931-823-6260

#### **Pickett County Health Department**

1013 Woodlawn Drive  
Byrdstown, TN 38549-3401  
931-864-3178

#### **Putnam County Health Department**

701 County Services Drive  
Cookeville, TN 38501  
931-528-2531

#### **Smith County Health Department**

251 Joy Alford Way  
Carthage, TN 37030  
615-735-0242

#### **Van Buren County Health Department**

907 Old McMinnville Street  
Spencer, TN 38585-3200  
931-946-2438

#### **Warren County Health Department**

1401 Sparta Street  
McMinnville, TN 37110-1310  
931-473-8468

#### **White County Health Department**

135 Walker Street  
Sparta, TN 38583-1725  
931-836-2201

For more information

[www.tn.gov/wic](http://www.tn.gov/wic)

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