



## NEWS RELEASE

### ALABAMA DEPARTMENT OF PUBLIC HEALTH

RSA Tower 201 Monroe Street, Suite 914 Montgomery, AL 36104

Phone 334-206-5300 Fax 334-206-5534

[www.adph.org](http://www.adph.org)

---

**WIC can serve more women and children in Alabama** [www.adph.org/wic](http://www.adph.org/wic)

#### FOR IMMEDIATE RELEASE

CONTACT: Wendy Blackmon  
(334) 206-5673

Jean Fulton  
(334) 206-2956

Attention Alabama families! You may qualify for the Special Supplemental Nutrition Program for Women, Infants and Children, better known as WIC. If you are a pregnant or breastfeeding woman or the parent or guardian of a child up to age 5, you are invited and encouraged to apply for WIC at your local county health department.

Under the recently released 2005 federal poverty guidelines, even more families can be served through the program. WIC is open to participants whose incomes are up to 185 percent of the federal poverty level. Check the table below to see whether your family qualifies:

#### Family Size Annual Income Weekly Income

1 \$17,705 \$341

2 \$23,736 \$457

3 \$29,767 \$573

4 \$35,798 \$689

5 \$41,829 \$805

WIC participants must have both a limited income and a nutritional need. Families who receive Medicaid, Food Stamps or TANF (Temporary Assistance to Needy Families) already meet the income qualifications for WIC. Even families who do not qualify for these three programs may be eligible for WIC because of its higher income limits.

For example, a single mother and her baby can have an income of up to \$457 per week (before taxes are deducted) and qualify for WIC. A husband and wife with three children can have a total weekly income of as much as \$805 (before taxes) and meet the income requirements to participate in WIC.

WIC is a nutrition program that provides nutrition education and supplemental foods during the early, formative years. Collective findings of studies, reviews and reports by government and non-government groups show that the WIC Program is cost effective in protecting and improving the health and nutritional status of women, infants and children.

Wendy Blackmon, WIC Director, Alabama Department of Public Health, said, "We especially want to reach women during their pregnancies because good prenatal nutrition is important in promoting healthy pregnancies and birth outcomes. Also, we know that WIC can help Alabama families develop healthy eating and activity habits that will last a lifetime."

For more information contact your local county health department or call the statewide toll-free Healthy Beginnings line at 1-800-654-1385.

3/1/05

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