



**FOR IMMEDIATE RELEASE**

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**For additional information contact:**

**Lisa LaPlante at (616) 632-7182 or [Lisa.LaPlante@kentcountymi.gov](mailto:Lisa.LaPlante@kentcountymi.gov)**

## **New Income Guidelines Set for WIC Program**

GRAND RAPIDS – New guidelines have been set for families to receive help for putting food on the table. The Special Supplemental Nutrition Program for Women Infants and Children (also known as WIC) recently updated the guidelines in Michigan. Participants can earn a slight bit more this year than last year’s guidelines allowed and still qualify. This federally-funded program by the United States Department of Agriculture (USDA) allows participants receive benefits through the Michigan WIC bridge card. Bridge cards can be used to buy specific supplemental foods such as milk, eggs, bread, fresh fruit and vegetables, and infant formula at certain grocery stores, farmers markets, and pharmacies.

“WIC is a critical component for making sure parents are receiving good educational and nutritional support, and that young children are eating the right foods, to help them grow into healthy adults,” said Adam London, Administrative Health Officer for the Kent County Health Department. “If someone applied for benefits before but was turned down, now may be a good opportunity to take another look to see if these new guidelines are a better fit.”

### **Michigan WIC Program Guidelines - 2013**

(Replaces previous guidelines effective April 9, 2012)

Gross income\* (before taxes) cannot exceed the following amounts:

<b>Size of Family</b>	<b>Hourly</b>	<b>Weekly</b>	<b>Monthly</b>	<b>Annually</b>
1	\$10.22	\$409	\$1,772	\$21,257
2	13.80	552	2,392	28,694
3	17.38	695	3,011	36,131
4	20.95	838	3,631	43,568
5	24.53	981	4,251	51,005
6	28.10	1,124	4,871	58,442
7	31.68	1,267	5,490	65,879
8	35.25	1,410	6,110	73,316

**Additional Family Members Add \$7,437**

(Please note: A pregnant woman is counted as one (1) plus the number of infants expected (1 or more) when determining income eligibility for the family.)

*(more)*

KCHD has been in the business of providing health services to Kent County since 1931. The Health Department is home to nearly 260 employees including public health nurses, sanitarians, health educators, technicians, public health administrators, and specialized staff at the Kent County Animal Shelter. The Health Department operates one main clinic and four satellite clinics located in Wyoming, Kentwood, Rockford, and Grand Rapids. To learn more about KCHD services, visit [www.accesskent.com/health](http://www.accesskent.com/health).

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The WIC program through the Kent County Health Department provides nutrition education, breastfeeding promotion, education and support, referrals to other health care providers, high risk nutrition counseling, immunizations, and supplemental foods. The supplemental foods that participants receive while on the WIC program meet daily nutrient needs such as vitamins A and C, folic acid, calcium and iron.

For more information on WIC, go to <http://www.accesskent.com/Health/WIC/> or call (616) 632-7200.

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700 FULLER AVE. NE, GRAND RAPIDS, MI 49503