



# QUALIFY FOR FREE FOOD

Whether you are working, unemployed or receiving assistance, WIC will provide FREE nutrition counseling and healthy foods for your family – checks may include:

<b>Infants:</b>	30 cans of iron fortified infant formula, baby cereal & juice
<b>Women &amp; Children:</b>	milk, cheese, juice, cereal, eggs, dry beans, peanutbutter, tunafish and carrots

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## WIC, A GOVERNMENT SUPPLEMENTAL FOOD PROGRAM, IS FOR:

<b>Women:</b>	<b>Infants:</b>
<ul style="list-style-type: none"><li>• Pregnancy through postpartum (up to 6 months after delivery)</li><li>• Breastfeeding (up to baby's first birthday)</li></ul>	<ul style="list-style-type: none"><li>• Birth to 1 year</li></ul>
	<b>Children:</b>
	<ul style="list-style-type: none"><li>• 1 year to 5<sup>th</sup> birthday</li></ul>

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### TO QUALIFY:

- You must live in your local New Jersey WIC Program area, be evaluated for Nutritional status at your appointment And meet these income guidelines:
- | # In family | Income (before taxes) to qualify for WIC                  |
|-------------|---|
| 1-----      | not over <b>\$19,240</b> per year                         |
| 2-----      | not over <b>\$25,900</b> per year                         |
| 3-----      | not over <b>\$32,560</b> per year                         |
| 4-----      | not over <b>\$39,220</b> per year                         |
| 5+-----     | each additional family member add <b>\$6,660</b> per year |

### OTHER BENEFITS:

- Nutrition Counseling
  - Referrals to FREE healthcare and other helpful organizations such as:
    - Free Well Baby Clinics
    - Free Immunizations
    - Welfare / Food Stamps
    - Health Insurance / Medicaid
    - Breastfeeding Consultants
    - Early Intervention Programs
- WIC is an equal opportunity program

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### CALL THE WIC LOCATION NEAREST YOU FOR INFORMATION OR AN APPOINTMENT:

**225-5050**  
2600 Mt. Ephraim Ave., Camden

**374-6084**  
DiPiero Center  
512 Lakeland Road, Blackwood

**225-5155**  
600 Market Street, Camden

**931-2700**  
35 Browning Road, Bellmawr

Camden County Board of Freeholders  
Department of Health & Human Services  
Freeholder Carmen G. Rodriguez, Liaison