



# NORFOLK WOMEN, INFANTS, & CHILDREN PROGRAM

## Breastfeeding women | Pregnant women Infants | Children up to 5



WIC makes sure that pregnant women, postpartum women, infants and children up to the age of five have what they need to live a healthy life. We assure that your family is getting good nutrition through healthy foods, breastfeeding support, healthcare referrals and nutrition counseling.

WIC benefits include fresh fruits and vegetables, low-fat milk, whole grains cereal/ rice, eggs, and infant formula.

### UPDATE

#### In-Office Hours:

*(By Appointment Only)*

Tuesday & Wednesdays 08:15 - 16:15

7928 14th Street, Suite 238

Norfolk, VA 23505-1295

#### Call or text "WIC" to:

757-435-6417 or 757-376-0424

#### Email

[norfolkWIC@vdh.virginia.gov](mailto:norfolkWIC@vdh.virginia.gov)

### What is required to participate in WIC?

Proof of Identification

Proof of Virginia Residency

\*\*United States Citizenship is not required

Proof of ALL Household Income

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@Norfolk WIC Program

**VDH** VIRGINIA  
DEPARTMENT  
OF HEALTH  
*To protect the health and promote the  
well-being of all people in Virginia.  
This institution is an equal opportunity provider.*



## WIC Eligibility & Income Guide

Income Eligibility is determined based on ALL household income. Income must be printed and cannot be older than 30-days old. Since LES are given on a monthly basis, the most recent months LES must be used. For any applicant/participant whose family contains any Active Duty Military household members, all gross income shall be counted EXCEPT for the following:

- BAH - Basic Allowance for Housing
- FSH - Family Separation Allowance
- OHA - Overseas Housing Allowance
- OCONUS COLA - Outside Continental United States Cost-of-Living Allowance
- Advance Pay
- Montgomery GI Bill salary reduction
- FSSA - Family Subsistence Supplemental Allowance
- Combat Pay - Excluded in certain situations
- PAC - Pay and Allowance Continuation
- DEIP - Deployment Extension Incentive Pay

Annual Items on LES will be divided by 12 to obtain the monthly amount (i.e. Clothing Replacement Allowance)

### INCOME - Effective Dates: June 5, 2023 to June 30, 2024

Economic Unit	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$26,973	\$2,248	\$1,124	\$1,038	\$519
2	\$36,482	\$3,041	\$1,521	\$1,404	\$702
3	\$45,991	\$3,833	\$1,917	\$1,769	\$885
4	\$55,500	\$4,625	\$2,313	\$2,135	\$1,068
5	\$65,009	\$5,418	\$2,709	\$2,501	\$1,251
6	\$74,518	\$6,210	\$3,105	\$2,867	\$1,434
7	\$84,027	\$7,003	\$3,502	\$3,232	\$1,616
8	\$93,536	\$7,795	\$3,898	\$3,598	\$1,799
Each Additional Member Add	+\$9,509	+\$793	+\$397	+\$366	\$183