

The WIC Program in Arkansas

Special Supplemental Nutrition Program for Women, Infants, and Children



The WIC program is a federal program, run by the Arkansas Department of Health. It aims to safeguard the health of low-income women, infants, and children up to age 5 at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care. Arkansas Advocates for Children and Families is not affiliated with WIC but believes it is a critical component to fighting hunger and poverty in Arkansas. The information provided here is from the Arkansas Department of Health WIC website: healthy.arkansas.gov/programs-services/topics/wic.

WIC Provides

- Supplemental foods high in nutrients needed for growth and development.
- Nutrition education to improve diet and health habits.
- Information, support, and encouragement for breastfeeding.
- Referrals for other health services.

Who is Eligible and How to Apply

Who is Eligible?

Pregnant, breastfeeding and postpartum women, infants and children under age five are eligible for WIC if they:

- Meet Income Guidelines - [WIC income guidelines](#) are set at 185% of poverty and are revised each year. Applicant must provide proof of income. Examples are: current check stubs, W-2 forms, most current income tax return, proof of eligibility for Medicaid (including ARKids), TEA, SNAP (food stamps).
- Have a Nutritional Need - At your first appointment, you will meet with WIC staff who will help you identify your nutrition goals.
- Live in Arkansas - Applicants must provide proof of residency. Examples of proof of residency can be a current utility, cable or phone bill, a current mortgage or rent receipt, proof of Arkansas Medicaid, TEA or SNAP (food stamps).

How to apply

WIC is available at all Local Health Units in Arkansas, satellite clinics and four WIC-only Clinics. You can apply for and receive WIC in any county in Arkansas. You must call to make an appointment. At your appointment, WIC staff will check to see if you are eligible.

What do you bring to a WIC appointment?

- ID for yourself and each child
- Proof you are an Arkansas resident
- Proof of income
- Bring any children you are applying for

If you have questions or need more information about applying for WIC, please contact your [local county health unit](#), or call the State WIC Office at 501-661-2508 or 1-800-235-0002, or [e-mail wic.program@arkansas.gov](mailto:wic.program@arkansas.gov).



Nutrition Information

When you are on WIC, you can count on support and answers from the beginning of pregnancy all the way up to your child's 5th birthday. WIC offers the latest nutrition information to help families like yours make healthy choices.

On visits to WIC, you can get personal nutrition counseling or attend a group class on a variety of nutrition-related topics. More nutrition information and online lessons are also available at ARWIConline.org.

WIC Foods

WIC provides the following healthy foods to support the nutritional needs of infants, children, and women who are pregnant, breastfeeding, or postpartum:

Pregnant, Breastfeeding, and Postpartum Women and Children

- Cereal (breakfast cereal or hot cereal)
- Whole grains (brown rice, oats, pasta, whole wheat or corn tortillas, whole wheat or whole grain bread)
- Eggs
- Milk or soy beverage
- Cheese
- Yogurt
- Fruit or vegetable juice
- Beans (dried or canned)
- Peanut butter
- Fruits and vegetables (fresh, frozen, or canned)
- Canned fish (for fully breastfeeding women)

Infants

- Infant fruits and vegetables
- Infant meats (for exclusively breastfed infants)
- Infant cereal
- [Infant formula](#)