Vermont: Women, Infants, and Children (WIC) Nutrition Assistance

Description of Program and Relief

WIC is a food assistance program for women, infants, and young children. WIC provides money in the form of WIC EBT cards to buy healthy foods, and also provides nutrition education and counseling, breastfeeding support, and referrals for health care. The Vermont WIC program is making accommodations for individual client needs during the COVID 19 emergency such as moving to phone appointments and working with stores to ensure contract infant formula is available. WIC recipients are to contact their local WIC office for assistance involving individual accommodations.

Government or Lead Agency

Vermont Department of Health

Dates Available

Open indefinitely

Eligibility Requirements/Restrictions

Eligibility requirements can be found here: https://www.benefits.gov/benefit/2035. Generally, Vermont WIC benefits are available to:

- An infant or child up to 5 years of age
- Women residents of Vermont who are pregnant, breastfeeding, or just had a baby
- To be income-eligible for WIC you must have a total household income equal to or less than the amounts shown in the WIC Income Guidelines OR you must be enrolled in the Supplemental Nutrition Assistance Program (SNAP) or Medicaid.

Application Deadlines (If Applicable)

N/A
Contact for More Information

Call the Vermont Department of Health at (800) 464-4343

List of Additional Information

https://www.benefits.gov/benefit/2035

https://www.healthvermont.gov/family/wic