
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 New Hampshire WIC program is making telephonic accommodations for individual client needs during the COVID-19 emergency. WIC recipients are to contact their local WIC office for assistance involving individual accommodations.

Government or Lead Agency

New Hampshire Department of Health and Human Services

Dates Available

Available now

Eligibility Requirements/Restrictions

WIC benefits are available to:

- Women who are pregnant, breastfeeding, or just had a baby who have low to medium income.
- Infants and children under five years old living in families with low to medium income.
- 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 currently receiving Medicaid, Temporary Cash Assistance (TCA), or Food Assistance. However, you do not have to be on a public assistance program to qualify for WIC.

Application Deadlines (If Applicable)

N/A
Contact for More Information

Contact your local WIC office for assistance by calling (800) 942-4321 or going to https://www.dhhs.nh.gov/dphs/nhp/wic/index.htm.

List of Additional Information

http://signupwic.com/