Missouri: Nutrition Program for Women, Infants and Children

Description of Program and Relief

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is a federally-funded health and nutrition program that predates COVID-19, but can be used by eligible participants at this time.

WIC helps families by providing nutrition education, breastfeeding support, vouchers for healthy foods, and referrals to healthcare and other community services. WIC serves income-eligible pregnant, postpartum and breastfeeding women, infants, and children up to age 5 who are at nutrition risk.

Missouri WIC is working to ensure that families continue to receive WIC benefits at this time. In response to COVID 19, WIC has waived the requirement that employees, participants and applicants are physically present in WIC clinics. In addition, WIC participants may choose from expanded option in food categories to help address ongoing WIC product shortages.

Government or Lead Agency

Missouri Department of Health and Senior Services

Dates Available

Ongoing

Eligibility Requirements/Restrictions

WIC benefits are available to the following Missouri residents who have a nutritional risk identified through a medical screening:

- Women who are pregnant, breastfeeding a baby under 1 year old, or had a baby or were pregnant in the past six months, and have low to medium income;
- Infants and children under 5 years old living in families with low to medium income; and
- Individuals are income-eligible for WIC if they have a total household income equal to or less than the amounts shown in the WIC Income Guidelines. The current guidelines are available here.
  - Applicants who participate in the Medicaid, Supplemental Nutrition Assistance Program (SNAP), or Temporary Assistance for Needy Families (TANF) automatically meet the
income eligibility by bringing proof of their participation in one of these programs—other income documents are not needed.

**Application Deadlines (If Applicable)**

N/A

**Contact for More Information**

For questions, please reach out to by email: WICinfo@health.mo.gov, or call 1 (800) 392-8209.

**List of Additional Information**

A WIC Prescreening Tool is available here: [https://wicuat.fns.usda.gov/wps/pages/preScreenTool.xhtml](https://wicuat.fns.usda.gov/wps/pages/preScreenTool.xhtml)

Missouri WIC Homepage: [https://health.mo.gov/living/families/wic/](https://health.mo.gov/living/families/wic/).