

Your Doctor & WIC

A prescription for health

“Thanks to WIC, I now have the tools I need to make sure my family stays on the path to a healthy lifestyle.”

—Roxie, WIC Client

WIC is here for you! Certifications are done over the phone and card reloads are done curbside by appointment.

Call us to schedule!

McKinney 972-548-5543

Plano 972-633-3350



As a WIC Client, you may get:

- Breastfeeding support
- Infant formula
- One-on-one counseling with nutritionist
- Delicious food
- Nutrition classes
- Easy recipes
- Cooking demonstrations
- Personalized support
- Children’s activities

Are you eligible?

Eight million women, infants, and children get WIC benefits. WIC is for pregnant women, new parents, infants, and children under five. If you are on Medicaid, TANF, or SNAP you already qualify.

Texas WIC Income Guidelines

Number of people in the home*	Bi-Weekly Income	Annual Income
2	\$ 0 up to \$1,227	\$31,894
3	\$ 1,546	\$40,182
4	\$ 1,865	\$48,470
5	\$ 2,183	\$56,758
6	\$ 2,502	\$65,046

Effective July 1, 2020

* A pregnant woman’s household is increased by the number of infants she is expecting.

If you have any income questions, call 1-800-942-3678.

Start now. Call us today or visit texaswic.org/apply to request an appointment

