

About WIC

WIC is a supplemental food, nutrition, and referral program for pregnant and postpartum women, infants, and children up to age five.

Eligibility

To be eligible for WIC you must meet income guidelines and have a medical or nutritional risk. Contact us today to find out if you are eligible!

Breastfeeding Support

Our certified lactation counselors support WIC moms in reaching their breastfeeding goals. We also distribute Medicaid-covered breast pumps and limited loaner pumps.



Additional WIC Benefits

WIC Food Cooking Classes

Join the CUPHD WIC Program for a FREE cooking class and help create a tasty dish with WIC-approved Foods. Children welcome!

Call for more information or to sign up!

Farmers' Market Vouchers

WIC provides each active participant with \$30 in farmers' market vouchers every summer. Distribution typically begins late June and vouchers can be redeemed at multiple farmers' market locations until October 31st each year.



facebook.com/WIC.Champ

Special Supplemental Nutrition Program for Women, Infants, and Children -WIC-



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District
c-uphd.org

CHAMPAIGN

201 W. Kenyon Rd
(217) 352-7961

Monday-Friday:
8:30am-4:30pm

3rd Saturday/month:
8:30am-4:30pm

RANTOUL

520 E. Wabash St
(217) 893-0832

Tuesday, Wednesday,
Friday
8:30am-4:30pm

ORCHARD DOWNS (URBANA)

2040A S. Orchard St
(217) 244-5233

Thursday
8:30am-4:30pm



Scan for video of this document in English and ASL.

This institution is an equal opportunity provider

WIC Income Eligibility Guidelines

Effective July 1, 2025*

| Household Size | Weekly | Monthly | Yearly |
|--------------------------|--------|---------|-----------|
| 1 | \$557 | \$2,413 | \$28,953 |
| 2 | 753 | 3,261 | 39,128 |
| 3 | 949 | 4,109 | 49,303 |
| 4 | 1,144 | 4,957 | 59,478 |
| 5 | 1,340 | 5,805 | 69,653 |
| Each add'l family member | +\$196 | +\$848 | +\$10,175 |

*Income guidelines change annually.



WIC Foods

WIC food packages are tailored to individual needs, and may include:

Infants: iron-fortified formula;
Infant jarred fruits and vegetables;
infant cereal; jarred meats*

Women & children: milk, cereal,
beans and/or peanut butter,
cheese, tofu, yogurt, eggs, fruits &
vegetables, whole grains, juice,
tuna, or salmon*

*For exclusively breastfeeding participants.

Referral Services

- Head Start and Early Head Start
- Better Birth Outcomes
- GREAT Start Home Visiting Program
- Prenatal vitamins
- Birth control and pregnancy tests
- Child immunizations
- Medical referrals



Important Information for WIC Visits

Please bring the following to your appointment:

- Parent and child(ren)
- ID (parent and child)
- Proof of income, or SNAP or Medicaid enrollment
- Proof of address