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| WIC (Women Infants and Children)WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children. WIC helps income eligible pregnant and breastfeeding women, women who recently had a baby, infants, and children up to five years of age who are at health risk due to inadequate nutrition. **Eligibility:*** Pregnant, breastfeeding women, or women who have recently had a child, infant to children of 5 years of age, who are residents of Ohio.
* Determined by health professionals to be at medical or nutritional risk
* Present at the clinic appointment, and provide proof of identity
* Met income guidelines (185 percent of Federal Poverty Income Guidelines)

**How to Apply:** * WIC clinics are in all Ohio counties, and the ‘Help Me Grow Helpline’ (1-800-755-4769) is always available to provide further information about clinic locations
* WIC Program Applications are available at: <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/women-infants-children/resources/ohio-wic-program-eligibility>
* All clinics require appointments, and the application should also be dropped off or sent to your local clinic

SNAP (Supplemental Nutrition Assistance Program)SNAP provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency.**Eligibility:*** Must be a current resident of Ohio and must have current resources valued at $2,250
* Or have current resources valued at $3,500 or less and share household with a person(s) ages 60 and older or a person(s) with a disability
* Resources can include savings and checking combined, when determining the total cost

**How to Apply:** * Contact local SNAP Administering Agency, a full list of Ohio agencies can be found at <https://jfs.ohio.gov/County/County_Directory.pdf>
* Further information about the application can be found at: <https://benefits.ohio.gov>
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