

HOW TO APPLY FOR WIC

Healthy food. Breastfeeding support. Nutrition services. Support for your growing family. 

Think you might qualify? Apply! 

WIC supports pregnant and postpartum women, breastfeeding families, infants, and children under 5.

STEP 1: SEE IF YOU MAY QUALIFY

You may be eligible for WIC if you are:

-  **Pregnant**
-  **A woman who delivered a baby within the last 6 months**
-  **Breastfeeding and delivered a baby within the last year**
-  **A parent or caregiver of an infant or child under 5**
-  **Families with young children**

To qualify, applicants must also:

-  **Live in New Jersey** and provide proof of residency
-  **Meet WIC income guidelines**
-  **Meet WIC nutritional-risk requirements**, determined through the WIC certification process
-  [**Check Your Eligibility & Start the NJ WIC Application**](#)

CHECK THE INCOME GUIDELINES

-  [**View Current NJ WIC Income Guidelines**](#)

If you or a family member receives **SNAP, TANF, or certain categories of Medicaid**, you may already meet WIC's income eligibility requirements.

STEP 2: FIND YOUR LOCAL WIC OFFICE

 [Find a WIC Agency or Clinic Near You](#)

Your local WIC agency will help schedule your appointment and guide you through the process.

RUTGERS NJMS WIC

Serving Newark families

 **90 Bergen Street, Newark, NJ 07103**

 **973-972-3416**

 **rutgerswic@njms.rutgers.edu**

 [View Rutgers WIC locations](#)

STEP 3: WHAT SHOULD I BRING?

When you go to your WIC appointment, **all applicants—including children—should be present.**

Bring:

 **Proof of identity**

 **Proof of pregnancy**, if applicable

 **Proof of income**

 **Proof of New Jersey residency**

 **Health care referral form**, if completed by your doctor or health care provider

 **Your child's Universal Child Health Record (UHCR)**

 **Your children's vaccination records**

 [Universal Child Health Record \(UHCR\)](#)

 [How to Complete the UHCR](#)

 **DON'T HAVE EVERYTHING?**

Don't panic! 🧑

Call your WIC office before your appointment and ask what documentation you need. Your WIC team is there to help!

💚 HAVE QUESTIONS? WE'RE HERE TO HELP!

Visit the official [NJ WIC website](#) for information about benefits, breastfeeding support, nutrition services, and local WIC agencies.

💚 GIVE US A CALL

📍 **Rutgers NJ Medical School WIC**
📞 **973-972-3416**
✉️ rutgerswic@njms.rutgers.edu
📍 90 Bergen Street, Newark, NJ 07103
👉 [Rutgers NJMS WIC Information](#)

📍 **Rutgers NJMS WIC Ironbound**
📞 **(973)-561-7706 & (973)-518-0151**
✉️ rutgerswic@njms.rutgers.edu
📍 76 Gotthart Street, Newark, NJ
👉 [Rutgers NJMS WIC Information](#)

🌟 WIC IS HERE FOR YOU!

🧑 **Food**
🧑 **Nutrition**
🧑 **Breastfeeding Support**
🧑🧑🧑 **Referrals & Community Resources**

💚 **YOU DON'T HAVE TO FIGURE IT OUT ALONE.**

APPLY. ASK QUESTIONS. GET CONNECTED.

👉 [START YOUR NJ WIC APPLICATION](#)