

WIC Works

Muskingum County WIC Program

Please visit us at:

205 N. 7th Street
Zanesville, OH 43701

Or call (740) 450-5040.

www.zmchd.org

Find us on Facebook:

Muskingum County WIC
Muskingum County Breastfeeding Moms

WIC is a nutrition program that provides food and nutrition education to:

Women who are —

- Pregnant
- Breastfeeding
- Mothers of babies up to 6 months old

Infants —

- Under 1 year old

Children —

- 1 to 5 years old

The WIC Program provides

- *Nutrition education*
- *Breastfeeding support*
- *Referrals* to other health & social service agencies
- *Supplemental foods*
- *Infant feeding classes*: learn what to expect with breastfeeding & breast milk substitutes, how and when to introduce baby foods, and nutritious eating from infancy to toddlerhood.

Your income must meet
WIC guidelines

Family Size	Annual	Monthly	Weekly
1	\$23,828	\$1,986	\$459
2	32,227	2,686	620
3	40,626	3,386	782
4	49,025	4,086	943
5	57,424	4,786	1,105
6	65,823	5,486	1,266
7	74,222	6,186	1,428
8	82,621	6,886	1,589

Anyone on Medicaid will meet WIC guidelines.
A pregnant woman equals a family size of two (2).

JH 7/13/2021



Women, Infants, and Children Program

Muskingum County WIC Program

205 N. 7th Street
Zanesville, OH 43701

Office Hours:

Monday—Friday
8:30am to 5:00pm

Please call for an appointment

740-454-5040

www.zmchd.org

Find a WIC location near you: signupwic.com



Women, Infants, and Children Program



Public Health

Prevent. Promote. Protect.

Zanesville-Muskingum County

Ohio Healthy Baby Hotline

For more information on other county WIC programs or other programs for families, call

This institution is an equal opportunity provider.