

WIC Resources – St. Louis City & County

(community resources for low income and uninsured)

How do I get on WIC (Women, Infants and Children)?

To apply for WIC benefits, you must contact a WIC local agency near you and schedule an appointment.

For additional assistance finding a WIC agency, please contact TEL-LINK at 1-800-TEL-LINK or 1-800-835-5465.

What benefits does WIC offer?

The Missouri WIC program provides supplemental food, health care referrals, nutrition education, and breastfeeding promotion and support to eligible pregnant women, new mothers, breastfeeding and postpartum women, infants, and children up to age five (5). Fathers, grandparents, guardians, and foster parents may also apply for benefits for the children living in their household.

Who is eligible to receive WIC benefits?

WIC serves pregnant women, non-breastfeeding postpartum women (up to 6 months after delivery or termination of the pregnancy), breastfeeding women (up to 1 year after delivery as long as they are breastfeeding the baby), and infants from birth up to 1 year of age, and children up to their 5th birthday.

All applicants must meet income guidelines.

Supplemental Nutrition Assistance Program (SNAP) and Temporary Assistance for Needy Families (TANF) participants and MO HealthNet participants of income-qualifying MO HealthNet programs are automatically eligible for WIC benefits.

Individuals who meet income and category guidelines will have a nutrition and health assessment during the certification process.

Website: health.mo.gov/living/families/wic/index.php

St. Louis City & County WIC Locations

Affinia Health Centers

Murphy-O'Fallon Health Center

1717 Biddle Street
St. Louis, MO 63106
Hours: M-F: 8:30am – 5:00pm
314-898-1701

Soulard-Benton Health Center

2220 Lemp Avenue
St. Louis, MO 63104
Hours: M-F: 8:30am – 5:00pm
314-898-1701

South Broadway Location

3930 South Broadway
St. Louis, MO 63118
Hours: M-F: 8:30am – 5:00pm
314-898-1701

Affinia-Tandy

3737 North Kingshighway
St. Louis, MO 63115
Hours: M-F: 8:30am – 5:00pm
10:00am-1:00pm 1st & 4th Sat
314-989-1701

Comprehensive Health Center

5471 Dr. Martin Luther King Drive
St. Louis, MO 63112
Hours: M-F 8:30am – 5:00pm
314-898-1701

North Florissant Location

4414 North Florissant Avenue
St. Louis, MO 63107
Hours: M-F 8:30am – 5:00pm
314-898-1701

Family Care Health Centers

Forest Park Southeast

4352 Manchester Avenue
St. Louis, MO 63110
Hours: M-F, 8:00am-4:00pm
8:15am-11:45am 1st Sat
314-531-5444 x4601
Call for an appointment

Carondelet

401 Holly Hills Avenue
St. Louis, MO 63111
Hours: M-F: 8:00am-4:00pm
8:00am-12:00pm 2nd Sat
314-353-5190 x3145
Call for an appointment

John C. Murphy Health Center

6121 North Hanley Road
Berkeley, MO 63134
Hours: M-F: 8:30 am-5:00 pm
314-615-7900
Call for an appointment

Koch Park WIC Office

2137 Charbonier Road, Suite A
Florissant, MO 63031
Hours: M-F: 8:00 am-4:30 pm
314-615-7900
Call for an appointment

Health Center WIC Office

4000 Jennings Station Road
Pine Lawn, MO 63120
Hours: M-F: 8:30 am – 5:00 pm
314-615-7900
Call for an appointment

People’s Health Centers, Inc.

5701 Delmar Boulevard

St. Louis, MO 63112

Hours: M, W, F: 8:30am – 4:00pm

T: 8:30am – 5:00pm

314-361-5728

Call for an appointment

11642 West Florissant

St. Louis, MO 63033

Hours: M-F: 8:30 am – 4:30 pm

314-831-3517

St. Louis County Department of Public Health

4580 South Lindbergh Blvd.

Sunset Hills, MO 63127

Hours: M-F: 8:30 am – 5:00 pm

314-615-7900

Call for an appointment

For additional assistance finding a WIC agency, please contact 1-800-835-5465.

Missouri WIC Income Guidelines - April 1, 2023
Guidelines reflect gross (pre-tax) income

Family Size	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$26,973	\$2,248	\$1,124	\$1,038	\$519
2	\$36,482	\$3,041	\$1,521	\$1,404	\$702
3	\$45,991	\$3,833	\$1,917	\$1,769	\$885
4	\$55,500	\$4,625	\$2,313	\$ 2,135	\$1,068
5	\$65,009	\$5,418	\$2,501	\$ 2,501	\$1,251
6	\$74,518	\$6,210	\$2,867	\$ 2,867	\$1,434
7	\$84,027	\$7,003	\$3,502	\$ 3,232	\$1,616
8	\$93,536	\$7,795	\$3,898	\$ 3,598	\$1,799
9	\$103,045	\$8,588	\$4,294	\$ 3,964	\$1,982
10	\$112,554	\$9,380	\$4,690	\$ 4,329	\$2,165
11	\$122,063	\$10,172	\$5,086	\$ 4,695	\$2,348
12	\$131,572	\$10,965	\$5,483	\$ 5,061	\$2,531
13	\$141,081	\$11,757	\$5,879	\$ 5,427	\$2,714
14	\$150,590	\$12,550	\$6,275	\$ 5,792	\$2,896
15	\$160,099	\$13,342	\$6,671	\$ 6,158	\$3,079
16	\$169,608	\$14,134	\$7,067	\$ 6,524	\$3,262
Each additional family member	Plus \$9,509	Plus \$793	Plus \$397	Plus \$366	Plus \$183

If a pregnant woman does not meet these guidelines, then family size may be increased by the number of fetuses in utero, if the mother permits. Income guidelines are based on 185% of poverty level.

United Way Information & Referral: Dial 2-1-1 or visit www.211helps.org to quickly and easily find non-emergency services in your area, including basic needs, physical and mental health resources, job programs, support for seniors and more. Now accessible via phone, online chat, self-service web directly, and mobile app.