

# 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 visit a [WIC agency](#) near you.

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 WIC program provides breastfeeding support, nutrition education, referrals to appropriate health agencies, and nutritious foods for eligible applicants.

## 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](#).

Individuals who meet income and category guidelines will be assessed for [nutritional risk factors](#) during the certification process.

Website: [health.mo.gov/living/families/wic/index.php](http://health.mo.gov/living/families/wic/index.php)

## St. Louis City & County WIC Locations

### **Affinia Health Centers (Formerly Grace Hill Health Centers)**

#### **Murphy-O’Fallon Health Center**

1717 Biddle Street  
St. Louis, MO **63106**  
314-898-1700

**Hours:** M, T, Th, F: 8:30am – 5:30pm;  
W: 8:30 am – 7:00 pm

#### **Soulard-Benton Health Center**

2220 Lemp Avenue  
St. Louis, MO **63104**  
314-898-1700

**Hours:** M, T, Th, F: 8:30am – 5:30pm;  
W 8:30pm – 7:00pm  
Sat: 9:00 am – 1:00 pm

#### **South Health Center**

3930 South Broadway  
St. Louis, MO **63118**

**Hours:** M, T, Th, F: 8:30am – 5:30pm;  
W: 8:30 am – 7:00 pm

### **Prince Hall Family Support Center**

4411 N. Newstead Avenue  
St. Louis, MO **63115**  
314-383-3923 x3926

**Hours:** M – F: 8:30am – 5:00 pm

### **Water Tower Health Center**

4414 North Florissant Avenue  
St. Louis, MO **63107**  
314-898-1700

**Hours:** M, T, Th, F 8:30am – 5:30pm;  
W: 8:30 am – 7:00 pm

### **Casa de Salud**

3200 Chouteau Avenue  
St. Louis, MO **63103**  
314-772-1633

**Hours:** M – F: 8:30 am – 5:00 pm  
Call for an appointment

## Family Care Health Centers

**Forest Park Southeast**  
4352 Manchester Avenue  
St. Louis, MO **63110**  
314-531-5444 x3028

**Hours:** 8:15am-4:00pm  
8:15am-11:45am 1st Sat  
Call for an appointment

**Carondelet**  
401 Holly Hills Avenue  
St. Louis, MO **63111**  
314-353-5190

**Hours:** 8:15am-4:00pm M, W, Th, F  
8:15am-6:30pm Tues  
8:15am-11:45am 2nd Sat  
Call for an appointment

### John C. Murphy Health Center

6121 North Hanley Road  
Berkeley, MO 63134

**Hours:** 8:30 am-5:00 pm M, T, W, F  
9:30 am-6:00 pm Th

### Mayfair Plaza WIC Office

244 Mayfair Plaza Shopping Center  
Florissant, MO 63033  
8:00 am-4:30 pm M-F

## Myrtle Hilliard Davis Comprehensive Health Centers

**COMP1 Center**  
5471 Dr. Martin Luther King Drive  
St. Louis, MO **63112**  
314-367-5820 x2250

**Hours:** M, T, Th, F 8:30am-5:00pm  
W: 9:30am-6:00pm

**Florence Hill Office**  
5541 Riverview Boulevard  
St. Louis, MO **63120**  
314-389-4566

**Hours:** M-F: 8:30am – 5:00pm

**Homer G. Phillips**  
2425 N. Whittier Avenue  
St. Louis, MO **63113**  
314-371-3100 x6020

**Hours:** M, T, Th, F: 8:30am-5:00pm  
W: 9:30am – 6:00pm

### North Central Community Health Center WIC Office

4000 Jennings Station Road  
Pine Lawn, MO 63121

**Hours:** M, T, Th, F: 8:30 am – 5:00 pm  
W:9:30am – 6:00 pm

### North County Government Center

#21A Village Square  
Hazelwood, MO 63042

**Hours:** M-F: 8:00 am – 4:30 pm

### People's Health Center

5701 Delmar Boulevard  
St. Louis, MO **63112**  
314-361-5728

**Hours:** M, W, Th, F: 8:30am – 5:00pm  
T: 11:30am – 7:00pm  
Call for an appointment

### South County Health Center

4580 South Lindbergh Blvd.  
Sunset Hills, MO 63127

**Hours:** M, T, Th, F: 8:30 am – 5:00 pm  
W:9:30am – 6:00 pm

**Missouri WIC Income Guidelines - May 1, 2019**  
**Guidelines reflect gross (pre-tax) income**

<b>Family Size</b>	<b>Annual</b>	<b>Monthly</b>	<b>Twice-Monthly</b>	<b>Bi-Weekly</b>	<b>Weekly</b>
1	\$23,107	\$1,926	\$963	\$889	\$445
2	\$31,284	\$2,607	\$1,304	\$1,204	\$602
3	\$39,461	\$3,289	\$1,645	\$1,518	\$759
4	\$47,638	\$3,970	\$1,985	\$1,833	\$917
5	\$55,815	\$4,652	\$2,326	\$2,147	\$1,074
6	\$63,992	\$5,333	\$2,667	\$2,462	\$1,231
7	\$72,169	\$6,015	\$3,008	\$2,776	\$1,388
8	\$80,346	\$6,696	\$3,348	\$3,091	\$1,546
9	\$88,523	\$7,377	\$3,689	\$3,405	\$1,703
10	\$96,700	\$8,059	\$4,030	\$3,720	\$1,860
11	\$104,877	\$8,740	\$4,370	\$4,034	\$2,017
12	\$113,054	\$9,422	\$4,711	\$4,349	\$2,175
13	\$121,231	\$10,103	\$5,052	\$4,663	\$2,332
14	\$129,408	\$10,784	\$5,392	\$4,978	\$2,489
15	\$137,585	\$11,466	\$5,733	\$5,292	\$2,646
16	\$145,762	\$12,147	\$6,074	\$5,607	\$2,804
Each additional family member	Plus \$8,177	Plus \$682	Plus \$341	Plus \$315	Plus \$158

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](http://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.