



WIC VS. SNAP: WHAT'S THE DIFFERENCE?

The United States Department of Agriculture (USDA) has multiple programs that support American families, including the Special Supplement Nutrition Program for Women, Infants, and Children (WIC) and the Supplemental Nutrition Assistance Program (SNAP). Both WIC and SNAP are federal nutrition programs that help families afford food, but they serve different purposes and operate in different ways. Understanding the differences can help families access the support they need.

KEY DIFFERENCES AT A GLANCE

	WIC	SNAP
Focus	Nutrition support for income-eligible and nutritionally at-risk babies, children up to 5 years old, and those who are pregnant, postpartum, or breastfeeding.	Food access for all eligible low-income households.
How it's funded	Congress sets funding each year.	Congress provides ongoing funding that automatically adjusts based on the number of people who qualify.
What it provides	A food package tailored to specific life stages; nutrition education; support for infant feeding, including breastfeeding support and infant formula; health screenings and referrals to healthcare and other helpful services.	Monthly food benefits families can use to buy groceries and stretch their food budget.
What you can buy	Specific healthy foods like milk, whole grains, infant foods and formula, eggs, legumes, fruits, vegetables, and more.	SNAP benefits can be used for most grocery items. It can't be used to buy alcohol, tobacco products, or non-food items.

Many families depend on both WIC and SNAP. In fact, if you are eligible for SNAP, you are automatically income eligible for WIC! Together, these programs ensure:

- Children get a healthy start with the nutrition they need to grow and thrive.
- Parents can provide healthy food for their families during tough times.
- Communities stay healthier and stronger.

LEARN MORE OR GET HELP

- Check with your local WIC or SNAP office for updates in your area.
- Visit [signupwic.com](https://www.signupwic.com) to learn about the healthy foods, nutrition education, breastfeeding support, and other benefits WIC offers.
- Share this information with families and community partners.