What's the Difference Between WIC & SNAP?

Special Supplemental Nutrition Program for Women, Infants and Children	Supplemental Nutrition Assistance Program (formerly Food Stamps)
Program Mission	
Prevent nutrition-related illness and improve overall health outcomes	Prevent and Reduce Hunger
Who Can Participate?	
Discretionary Program does not necessarily receive funds to serve every eligible person. Pregnant women, postpartum women, infants, and children up to 5 years old with a nutrition risk and with incomes at or below 185% of the poverty line can participate.	**Entitlement** All who apply, have incomes below 130% of the poverty line and meet eligibility criteria can receive benefits.
# of Participants	
>8 million	>46 million
Food Costs	
$43.65 average cost per partcipant per month	$125.36 average cost per participant per month
Is there Nutrition Education?	
Yes. It is a required WIC service.	Yes, but it is not required.
Other Services	
Breastfeeding promotion and support Health risk assessment Healthcare and social services referrals	None
What Foods Can Participants Choose?	
Only healthy foods recommended by the Institute of Medicine to meet nutritional needs.	Participants can choose any food except some prepared foods.

SOURCES
http://www.fns.usda.gov/wic/women-infants-and-children-wic

National WIC Association