

# What is WIC?

2014–2015



## WIC is the Special Supplemental Nutrition Program for Women, Infants and Children.

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### WIC will help you and your family...

- Save money
- Eat well
- Learn about nutrition
- Stay healthy

### For eligible families, WIC provides:

- Healthy foods
- Health screenings
- Health and nutrition information
- Help from licensed registered dietitians
- Breastfeeding information and support
- Referrals to health and social services



SUPPLEMENTAL NUTRITION PROGRAM  
FOR WOMEN, INFANTS AND CHILDREN

[www.wic.dhw.idaho.gov](http://www.wic.dhw.idaho.gov)

# Choose WIC!

## If you:

- 1) are a resident of Idaho
- 2) are one of the following categories:
  - pregnant
  - breastfeeding a baby under one year of age
  - just had a baby
  - have an infant or child under the age of 5
- 3) have a nutritional need
- 4) meet the income guidelines below

## WIC Income Eligibility Guidelines

July 1, 2014 through June 30, 2015

Number of Household Members	Maximum Gross Household Income
	Per Year
1	\$21,590
2	\$29,101
3	\$36,612
4	\$44,123
5	\$51,634
6	\$59,145

*For each additional individual, add \$7,511/year.*

*One pregnant woman counts as 2 household members.*

Prescreening Tool: [wic.fns.usda.gov/wps/pages/start.jsf](http://wic.fns.usda.gov/wps/pages/start.jsf)

These guidelines are to see if you *might* qualify for WIC. To make sure that you qualify, please contact your local WIC office. To find your local office, call the Idaho Careline at 211 or 1-800-926-2588, or visit [www.wic.dhw.idaho.gov](http://www.wic.dhw.idaho.gov).



IDAHO DEPARTMENT OF  
HEALTH & WELFARE

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