

# What is WIC?

2019–2020



## **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



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

# Choose WIC!

## If you:

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

## WIC Income Eligibility Guidelines

July 1, 2019 through June 30, 2020

Number of Household Members	Maximum Gross Household Income		
	Per Week	Per Month	Per Year
1	\$445	\$1,926	\$23,107
2	\$602	\$2,607	\$31,284
3	\$759	\$3,289	\$39,461
4	\$917	\$3,970	\$47,638
5	\$1,074	\$4,652	\$55,815
6	\$1,231	\$5,333	\$63,992

For each additional person, add \$8,177/year. Pregnant woman = 2 people.

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, visit [www.signupwic.com](http://www.signupwic.com).

USDA is an equal opportunity provider. For the full nondiscrimination statement and contact information to file a complaint, please visit the Idaho WIC website at [www.wic.dhw.idaho.gov](http://www.wic.dhw.idaho.gov).

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