



WOMEN, INFANTS,  
& CHILDREN

# What is WIC all about?



## HEALTHY FOODS

Fresh fruits and vegetables,  
dairy, whole grains, beans,  
baby food and more



## NUTRITION EDUCATION

Shopping tips, kid-friendly  
recipes, customized  
information



## BREASTFEEDING SUPPORT

Classes, one-on-one peer  
counseling, pumps and supplies



## CARE BEYOND WIC

Referrals to community resources  
and other services

TO FIND YOUR  
LOCAL WIC  
OFFICE:

[SIGNUPWIC.COM](https://www.signupwic.com)

# Choose WIC if you:



**Live in Idaho**

## Are one of the following:



**Parent or caregiver of a child under 5**



**Pregnant**



**Just had a baby and/or breastfeeding a baby**

## Meet the income below:

**July 1, 2021 - June 30, 2022**

Number of Household Members	Maximum Before Taxes Household Income		
	Per Week	Month	Year
1	\$459	\$1,986	\$23,828
2	\$620	\$2,686	\$32,227
3	\$782	\$3,386	\$40,626
4	\$943	\$4,086	\$49,025

**\* For each additional person, add \$8,399/year  
Pregnant woman = 2 people**

WIC is an equal opportunity provider. For the full nondiscrimination statement and information to file a complaint, please visit the Idaho WIC website at [wic.dhw.idaho.gov](http://wic.dhw.idaho.gov). This publication was made possible by grant 21IDID7W1003 from the U.S. Dept. of Agriculture. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Dept. of Agriculture. Form 500E/S.



IDAHO DEPARTMENT OF HEALTH & WELFARE

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