



**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

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
are breastfeeding a baby

Meet the income below:

July 1, 2022—June 30, 2023

Number of Household Members	Maximum Household Income Before Taxes		
	Per Week	Per Month	Per Year
1	\$ 484	\$ 2,096	\$ 25,142
2	\$ 652	\$ 2,823	\$ 33,874
3	\$ 820	\$ 3,551	\$ 42,606
4	\$ 988	\$ 4,279	\$ 51,338

For each additional person, add \$8,732/year
Pregnant woman = 2 people

WIC is an equal opportunity provider. For the full nondiscrimination statement and information to file a complaint, visit the Idaho WIC website at wic.dhw.idaho.gov. Form 500, 5/2022.



IDAHO DEPARTMENT OF
HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

