



**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, 2024—June 30, 2025

Number of Household Members	Maximum Household Income Before Taxes		
	Per Week	Per Month	Per Year
1	\$536	\$2,322	\$27,861
2	\$728	\$3,152	\$37,814
3	\$919	\$3,981	\$47,767
4	\$1,110	\$4,810	\$57,720

For each additional person, add \$9,953/year

This institution 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, 4/2024.



IDAHO DEPARTMENT OF
HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

