



**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:

1. Live in Idaho



2. Are one of the following:



Parent or
caregiver of a
child under 5



Pregnant



Just had a baby
and/or
breastfeeding
a baby

3. Meet the income:

July 1, 2025 – June 30, 2026

Number of Household Members	Maximum Before Taxes Household Income		
	Per Week	Month	Year
1	\$557	\$2,413	\$28,953
2	\$753	\$3,261	\$39,128
3	\$949	\$4,109	\$49,303
4	\$1,144	\$4,957	\$59,478

*For each additional person, add \$10,175/year



**For More
information
Scan the
QR Code**

www.signupwic.com

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. April 2025.



IDAHO DEPARTMENT OF
HEALTH & WELFARE