

Healthy Food,  
Nutrition Education,  
& Breastfeeding Guidance

# Women, Infants and Children (WIC)



## HELPING FAMILIES

Many families qualify for WIC. Our services help support efforts to provide healthy and nutritious meals on a budget.

### Q: What healthy foods can be purchased?

- Infants: formula, infant cereal, infant fruits, vegetables, and meat
- Women and children vary in quantities, but in general: milk, yogurt, fresh fruits and vegetables, whole grains (bread, pasta, tortillas, rice), peanut butter, eggs, and beans.

### Q: What happens during WIC appointments?

- In-person office visits that include health history, height and weight of your child, nutrition education, and support for breastfeeding moms.
- Benefits are provided to purchase foods at the grocery store.

## Examples of WIC Packages\*



(pregnant mom with breast-fed infant)



(pregnant mom with formula-fed infant & 1 age-qualifying child)



(2 age-qualifying children)

\* Other packages exist.  
Talk to a WIC representative to learn more.

### Nutrition Education

Create healthy, affordable meals for your family through nutrition tips and recipes.

### Breastfeeding

This is the best way to feed your newborn. We offer support, education, counseling, and breast pumps.

### Medical Referrals

We want you to have the medical help you need. Get referrals for immunizations, health care, and other programs like Medicaid and CHIP.

### Counseling

Parents often worry about their child's eating habits. Our Registered Dietitians can give you professional advice for your nutritional concerns.

### Prenatal Nutrition

We help in giving your baby a healthy start. Through our prenatal education and food benefits, we can help feed your baby long before delivery.

### Health Screenings

Tracking your child's growth will help you understand their health and development.

CALL TODAY TO FIND  
OUT IF YOU QUALIFY.  
**208-327-7400**

- > [cdh.idaho.gov/wic](http://cdh.idaho.gov/wic)
- > Appointments held at multiple locations throughout Ada Co.



WIC is an equal-opportunity provider.

## WHO QUALIFIES?

Applicants must be residents of Idaho, and

- Pregnant or be breastfeeding a baby under one year of age, or
- Have an infant or child under the age of five, and
- Meet the following income guidelines:

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

### INCOME GUIDELINES

July 1, 2021 through June 30, 2022

Number of Household Members	Per Week	Per Month	Maximum Gross Household Income Per 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
5	\$1,105	\$4,786	\$57,424
6	\$1,266	\$5,486	\$65,823