



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 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. 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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