WHO QUALIFIES?

Applicants must be residents of Idaho, and
- Pregnant or 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 $9,509/year. Pregnant woman = 2 people.

<table>
<thead>
<tr>
<th>Number of Household Members</th>
<th>Per Week</th>
<th>Per Month</th>
<th>Maximum Gross Household Income Per Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$519</td>
<td>$2,248</td>
<td>$26,973</td>
</tr>
<tr>
<td>2</td>
<td>$702</td>
<td>$3,041</td>
<td>$36,482</td>
</tr>
<tr>
<td>3</td>
<td>$885</td>
<td>$3,833</td>
<td>$45,991</td>
</tr>
<tr>
<td>4</td>
<td>$1,068</td>
<td>$4,625</td>
<td>$55,500</td>
</tr>
<tr>
<td>5</td>
<td>$1,251</td>
<td>$5,418</td>
<td>$65,009</td>
</tr>
<tr>
<td>6</td>
<td>$1,434</td>
<td>$6,105</td>
<td>$74,518</td>
</tr>
</tbody>
</table>

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.

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.

WIC is an equal opportunity provider.