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*

1 + 1 = $2,247/year
(pregnant mom with breast-fed infant)

1 + 1 + 1 = $3,294/year
(pregnant mom with formula-fed infant & 1 age-qualifying child)

2 = $1,166/year
(2 age-qualifying children)

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

CALL TODAY TO FIND OUT IF YOU QUALIFY.
208-587-4407
> cdh.idaho.gov/wic
> Appointments held at multiple locations throughout Elmore 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 $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>
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<tr>
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7/2023-Elmore