### INCOME GUIDELINES

July 1, 2023 through June 30, 2024

<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>$3,105</td>
<td>$74,518</td>
</tr>
</tbody>
</table>

For each additional individual, add $9,509/year. Pregnant woman = 2 people.

### 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:

#### Examples of WIC Packages*

- **$2,247/year**
  - (pregnant mom with breast-fed infant)

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

- **$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

208-634-7194

- cdh.idaho.gov/wic
- Appointments held at multiple locations throughout Valley Co.

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**Healthy Food, Nutrition Education, & Breastfeeding Guidance**

**WIC is an equal opportunity provider.**

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**WOMEN, INFANTS, & CHILDREN**

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.