For each additional individual, add $7,733/year.
Pregnant woman = 2 people.

HELPING FAMILIES
Many families are WIC-eligible. 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.
• Check voucher given to purchase foods at local grocery stores.

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 liked 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 vouchers, 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 appointments are available throughout Ada County and in Boise, Elmore, and Valley counties.

CALL TODAY TO FIND OUT IF YOU QUALIFY.
208-327-7488

cdhd.idaho.gov/wic.php
707 N. Armstrong Pl., Boise

WIC is an equal-opportunity provider and employer.

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 $7,733/year.
Pregnant woman = 2 people.

INCOME GUIDELINES
July 1, 2017 through June 30, 2018

<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>
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<tbody>
<tr>
<td>1</td>
<td>$430</td>
<td>$1,860</td>
<td>$22,311</td>
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<td>6</td>
<td>$1,173</td>
<td>$5,082</td>
<td>$60,976</td>
</tr>
</tbody>
</table>

*minimum amount; may be eligible for additional funds