



# WIC and You

Your child has you. And you have WIC!



## What is WIC?

WIC is a supplemental food and nutrition education program for **Women, Infants, and Children**.

To qualify for WIC, you must:

- ✓ Be pregnant, breastfeeding, or just had a baby
- ✓ Or have an infant or child under 5 years of age

## Do I qualify for WIC?

WIC services are free to you, as long as you:

- ✓ Live in the clinic's service area
- ✓ Meet these income guidelines, OR are receiving Medicaid or Food Stamps:
- ✓ Need WIC foods to be healthy

\*Note: If you are pregnant, you may count your unborn child in your family size.

Family Size	Monthly (Gross)	Yearly (Gross)
1	\$1,670	\$20,036
2	\$2,247	\$26,955
3	\$2,823	\$33,874
4	\$3,400	\$40,793
5	\$3,976	\$47,712
6	\$4,553	\$54,631
7	\$5,130	\$61,550
8	\$5,706	\$68,469

Effective July 1, 2009 to June 30, 2010

## What can WIC do for me?

WIC can:

- ✓ Teach your family about good nutrition.
- ✓ Support you and other moms by helping you learn about the benefits of breastfeeding, getting started, and continued breastfeeding support.
- ✓ Give you referrals to health care and other family services in your area.
- ✓ Provide healthy foods for you and your children, which may include:  
Milk, Eggs, Cheese, Rice, Bread, Tortillas, Cereal, 100% Juice, Fruits, Vegetables, Peanut Butter, Beans, Tuna or Salmon, Baby Foods and Formula.



For more information, or to locate a clinic near you, visit our website at [www.health.utah.gov/wic](http://www.health.utah.gov/wic) or call 1-877-WIC-KIDS

# BABIES ARE BORN TO BREASTFEED

By *not* breastfeeding, your baby may be at risk for...

- ✓ Ear Infections
- ✓ Constipation
- ✓ Respiratory Infections
- ✓ Vomiting
- ✓ Diarrhea
- ✓ Diabetes
- ✓ Less Nutrition
- ✓ Poor Immune System
- ✓ Cavities
- ✓ Allergies
- ✓ SIDS
- ✓ Obesity



And look what's FREE for WIC Breastfeeding Moms!

- ✓ Breastfeeding Classes
- ✓ Nutrition and Breastfeeding Counseling
- ✓ Breastfeeding Peer Counselors
- ✓ Manual Breast Pumps
- ✓ Pedal Breast Pumps
- ✓ Electric Breast Pumps (loaned)
- ✓ Electric Breast Pump Kits
- ✓ Breast Pads
- ✓ Breast Shells
- ✓ More Food
- ✓ Longer Participation in WIC

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