



COMMUNITY ACTION  
PARTNERSHIP OF  
MID-NEBRASKA

# WIC

The nation's most successful & cost-effective public health nutrition program.

# WHAT IS WIC?

A supplemental food program that offers:

- ▶ Monthly benefits for healthy foods, such as
  - ▶ Milk, yogurt, cheese & soy beverages
  - ▶ Cereal, brown rice, corn or white tortillas, whole wheat bread & pasta
  - ▶ Fruit or vegetable juice, fresh fruits & vegetables
  - ▶ Dried or canned beans, peas & lentils
  - ▶ Eggs
  - ▶ Canned tuna or salmon
  - ▶ Peanut butter
  - ▶ Baby foods, infant cereal & formula
- ▶ Nutrition & breastfeeding education
  - ▶ Prenatal nutrition
  - ▶ Eating tips for you child
  - ▶ Parenting tips
  - ▶ Healthy recipes
  - ▶ Breastfeeding support
- ▶ A community of support on staff
  - ▶ Nutritionist
  - ▶ Lactation specialists
  - ▶ Breastfeeding peer counselors
- ▶ Referrals
  - ▶ Healthcare professionals
  - ▶ Social services



# WHO QUALIFIES FOR WIC?

## ▶ WOMEN

- ▶ Pregnant
- ▶ Postpartum
- ▶ Breastfeeding

## ▶ CHILDREN

- ▶ Birth to age 5
- ▶ In foster care



## ▶ THOSE WHO ARE RECEIVING

- ▶ Medicaid
- ▶ SNAP
- ▶ ADC
- ▶ Kid's Connection
  - ▶ Automatic qualifier for WIC

# APPLY FOR WIC TODAY

## INCOME GUIDELINES

Effective June 2018

Family Size	Annual	Monthly	Twice Monthly	Bi-Weekly	Weekly
1	\$22,459	\$1,872	\$ 936	\$ 864	\$ 432
2	\$30,451	\$2,538	\$1,269	\$1,172	\$ 586
3	\$38,443	\$3,204	\$1,602	\$1,479	\$ 740
4	\$46,435	\$3,870	\$1,935	\$1,786	\$ 893
5	\$54,427	\$4,536	\$2,268	\$2,094	\$1,047
6	\$62,419	\$5,202	\$2,601	\$2,401	\$1,201
7	\$70,411	\$5,868	\$2,934	\$2,709	\$1,355

- Find a WIC location near you at [SIGNUPWIC.COM](http://SIGNUPWIC.COM) or contact us at [1-877-803-1712](tel:1-877-803-1712) to schedule an appointment today.