

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?

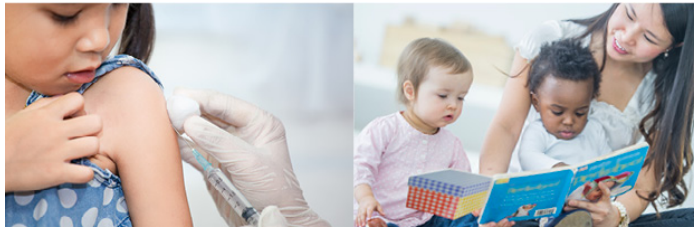
▶ WOMEN

- ▶ 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

- ▶ Find a WIC location near you at SIGNUPWIC.COM.

INCOME GUIDELINES

Effective July 2021

Family Size	Annual	Monthly	Twice Monthly	Bi-Weekly	Weekly
1	\$23,828	\$1,986	\$ 993	\$ 917	\$ 459
2	\$32,227	\$2,686	\$1,343	\$1,240	\$ 620
3	\$40,626	\$3,386	\$1,693	\$1,563	\$ 782
4	\$49,025	\$4,086	\$2,043	\$1,886	\$ 943
5	\$57,424	\$4,786	\$2,393	\$2,209	\$1,105
6	\$65,823	\$5,486	\$2,743	\$2,532	\$1,266
7	\$74,222	\$6,186	\$3,093	\$2,855	\$1,428



COMMUNITY ACTION
PARTNERSHIP OF
MID-NEBRASKA