

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 or frozen 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?

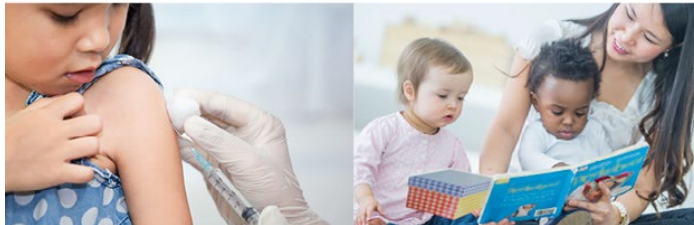
▶ WOMEN

- ▶ 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 May 1,2025)

Family Size	Annual Income	Monthly Income	Twice Monthly Income	Bi-Weekly Income	Weekly Income
1	28,953	2,413	1,207	1,114	557
2	39,128	3,261	1,631	1,505	753
3	49,303	4,109	2,055	1,897	949
4	59,478	4,957	2,479	2,288	1,144
5	69,653	5,805	2,903	2,679	1,340
6	79,828	6,653	3,327	3,071	1,536
7	90,003	7,501	3,751	3,462	1,731



COMMUNITY ACTION PARTNERSHIP OF MID-NEBRASKA

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- (3) email: program.intake@usda.gov

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