



WOMEN, INFANTS, & CHILDREN

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 tortillas, whole wheat bread/pasta
 - ▶ Fresh, canned or frozen fruit and veggies
 - ▶ Dried or canned beans
 - ▶ Eggs/tofu
 - ▶ Peanut butter
 - ▶ Canned tuna, salmon, sardines, mackerel
 - ▶ Juice
 - ▶ Baby foods, infant cereal
 - ▶ Formula
- ▶ Nutrition & Breastfeeding education
 - ▶ Prenatal nutrition
 - ▶ Eating tips for your child
 - ▶ Healthy recipes
 - ▶ Breastfeeding support
 - ▶ Parenting tips
- ▶ A community of support on staff
 - ▶ Nutritionist
 - ▶ Breastfeeding peer counselors
 - ▶ Lactation specialist
 - ▶ Nurses
 - ▶ Bilingual staff
 - ▶ Referrals
 - ▶ Healthcare professionals
 - ▶ Social services



Who Qualifies for WIC?

▶ Children

- ▶ Birth to age 5
- ▶ In foster care

▶ Women

- ▶ Pregnant
- ▶ Postpartum
- ▶ Breastfeeding

▶ If you fall under those categories and are receiving:

- ▶ Medicaid
- ▶ SNAP/Food stamps
- ▶ ADC

You automatically qualify for WIC!



APPLY FOR WIC TODAY!

► Find a WIC office near you at SIGNUPWIC.COM

Income Guidelines (Effective beginning May 1, 2025)

Family Size	Annual	Monthly	Twice Monthly	Bi-Weekly	Weekly
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

Income guidelines can change yearly.



COMMUNITY ACTION PARTNERSHIP OF MID-NEBRASKA

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- ▶ Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.
- ▶ To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/ad-3027.pdf> , from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410

Fax: (833) 256-1665 or (202) 690-7442;

Email: program.intake@usda.gov

This institution is an equal opportunity provider