

Your child has you, and you have WIC



What can WIC provide for my family?

- ◆ Healthy foods
- ◆ Nutrition Counseling
- ◆ Healthy Eating
- ◆ Prenatal Nutrition
- ◆ Health Assessment
- ◆ Breastfeeding Support

If your child qualifies for free or reduced-cost lunch, and you are pregnant or have children under the age of 5, you may qualify for WIC.

WIC can help your family have healthy foods by providing:

Vegetables and Fruit	Fresh vegetables and fruit; baby foods; and juice
Whole grains	Whole wheat bread and pasta, whole wheat or corn tortillas, brown rice, whole grain cereal
Fat-free and low-fat dairy products	Fat-free and low-fat milk and yogurt; infant formula
Protein	Tuna fish/salmon, beans, peanut butter, eggs

Income Guidelines

Household Size	Monthly (Gross)	Yearly (Gross)
1	\$1,926	\$23,107
2	\$2,607	\$31,284
3	\$3,289	\$39,461
4	\$3,970	\$47,638
5	\$4,652	\$55,815
6	\$5,333	\$63,992
7	\$6,015	\$72,169

Effective Date (July 1, 2019 - June 30, 2020)



To find clinic locations near you visit wic.utah.gov or call 1-877-WIC-KIDS