



**WOMEN, INFANTS,  
& CHILDREN**

**What is WIC all about?**



**HEALTHY FOODS**

Fresh fruits and vegetables, dairy, whole grains, beans, baby food and more



**NUTRITION EDUCATION**

Shopping tips, kid-friendly recipes, customized information



**BREASTFEEDING SUPPORT**

Classes, one-on-one peer counseling, pumps and supplies



**CARE BEYOND WIC**

Referrals to community resources and other services

TO FIND YOUR  
LOCAL WIC  
OFFICE:

**SIGNUPWIC.COM**

# Choose WIC if you:



Live in  
Idaho

Are one of the following:



Parent or caregiver of  
a child under 5



Pregnant

Just had a baby and/or  
are breastfeeding a baby



Meet the income below:

July 1, 2024—June 30, 2025

| Number of Household Members | Maximum Household Income Before Taxes |           |          |
|-----------------------------|---------------------------------------|-----------|----------|
|                             | Per Week                              | Per Month | Per Year |
| 1                           | \$536                                 | \$2,322   | \$27,861 |
| 2                           | \$728                                 | \$3,152   | \$37,814 |
| 3                           | \$919                                 | \$3,981   | \$47,767 |
| 4                           | \$1,110                               | \$4,810   | \$57,720 |

For each additional person, add \$9,953/year  
Pregnant woman = 2 people

This institution is an equal opportunity provider. For the full nondiscrimination statement and information to file a complaint, visit the Idaho WIC website at [wic.dhw.idaho.gov](http://wic.dhw.idaho.gov). Form 500, 4/2024.



IDAHO DEPARTMENT OF  
HEALTH & WELFARE  
DIVISION OF PUBLIC HEALTH

