



**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:

## 1. Live in Idaho



## 2. Are one of the following:



Parent or  
caregiver of a  
child under 5



Pregnant



Just had a baby  
and/or  
breastfeeding  
a baby

## 3. Meet the income:

July 1, 2025 – June 30, 2026

Number of Household Members	Maximum Before Taxes Household Income		
	Per Week	Month	Year
1	\$557	\$2,413	\$28,953
2	\$753	\$3,261	\$39,128
3	\$949	\$4,109	\$49,303
4	\$1,144	\$4,957	\$59,478

\*For each additional person, add \$10,175/year



**For More  
information  
Scan the  
QR Code**

[www.signupwic.com](http://www.signupwic.com)

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. April 2025.



IDAHO DEPARTMENT OF  
HEALTH & WELFARE