

# WIC Income Guidelines 2026 -2027

Idaho's WIC Program will start using new income limits on July 1, 2026. These limits are updated every year to help keep up with the cost of living.

## Who Can Get WIC?

You may qualify for WIC if you:

- Are pregnant, breastfeeding, recently had a baby, or have a child under age 5.
- Live in Idaho and are a U.S. citizen or legal immigrant.
- Have a health or nutrition need that WIC can help with.
- Have a low or moderate income.

If you get Medicaid, SNAP, TANF, or CHIP, you may be automatically income-eligible.

## Income Limits

Your gross income (before taxes) must be at or below 185% of the federal poverty level.

## For example:

A family of three can earn up to \$50,542 a year under the new limits (up from \$49,303).

### WIC Income Guidelines Effective July 1, 2026 - June 30, 2027

Number of Household Members	Maximum Annual Gross Household Income
1	\$ 29,526
2	\$ 40,034
3	\$ 50,542
4	\$ 61,050
5	\$ 71,558
More than 5	Call the local WIC Clinic

## What WIC Provides:

WIC gives families healthy foods at no cost, such as:

- Fresh and frozen fruits and vegetables
- Milk, eggs, cheese, and fish
- Cereal and juice
- Beans and peanut butter

WIC also offers:

- Health screenings
- Nutrition advice
- Breastfeeding help
- Support from registered dietitians
- Referrals to other services

On average, each Idaho WIC participant receives about \$68 in healthy foods each month. More than 32,000 Idahoans use WIC every month. Participation in WIC supports the health of Idaho families and the local economy.

## How to Apply

Go to [signupwic.com](http://signupwic.com), call 211, or visit [wic.dhw.idaho.gov](http://wic.dhw.idaho.gov) to learn more or apply.



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