



IDAHO DEPARTMENT OF
HEALTH & WELFARE

www.healthandwelfare.idaho.gov

**NEWS RELEASE--FOR IMMEDIATE
RELEASE**

Date: June 21, 2013

Contact: Niki Forbing-Orr
Public Information Officer
(208) 334-0693

Idaho nutrition program adopts new income guidelines

Idaho's special supplemental nutrition program for Women, Infants, and Children (WIC) will implement new income guidelines effective July 1, 2013, that increase household income eligibility limits to help offset cost of living increases.

WIC provides nutritious supplemental foods such as fresh fruits and vegetables, milk, eggs, cheese, cereal, juice, beans and peanut butter to eligible families. WIC services also include health screenings, nutrition counseling, breastfeeding information and support, help from registered dietitians, and referrals to other services that may help a family in need. Idahoans enrolled in WIC receive an average of about \$54 of healthy foods per month. There are currently 43,200 people receiving Idaho WIC assistance.

To be eligible for the WIC program, an individual must be a pregnant or breastfeeding woman, a woman who has recently been pregnant, or an infant or child up to age 5. In addition, the individual must live in Idaho, have a special need that can be helped by WIC foods and nutrition counseling, and have a low-to-moderate income. To be eligible on the basis of income, an applicant's gross income (e.g., before taxes are withheld) must fall at or below 185 percent of the U.S. Poverty Income Guidelines. As an example, for a family of three the new guidelines set an upper income limit of \$36,131 annually; under the old guidelines a family of three could have earned up to \$35,317 annually. If you or a family member are in the categories served by WIC and currently receive Medicaid, SNAP (Food Stamps), Temporary Assistance for Needy Families (TANF), or the Children's Health Insurance Program (CHIP), you are automatically income eligible for WIC.

WIC Income Eligibility Guidelines
Effective July 1, 2013 through June 30, 2014

Number of Household Members*	Maximum Annual Gross Household Income
1	\$21,257
2	\$28,694
3	\$36,131
4	\$43,568
5	\$51,005
More than 5	Call your local WIC clinic

**One pregnant woman counts as two household members.*

To apply for WIC or for more information about WIC in your area, call the Idaho CareLine at 211 or 1-800-926-2588. Information can also be found on the web at <http://www.wic.dhw.idaho.gov>.

###