

## All Caregivers Are Welcome.

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WIC offers support to anyone—working or not—who cares for a child, including:

- Moms
- Foster Parents
- Dads
- Step-parents
- Grandparents
- Guardians

## We're Here For You.

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We're here for more families than you might think—in fact, we serve over half of all infants born in the U.S. To get WIC assistance, participants:

- Should be pregnant, postpartum, breastfeeding or have infants or children under 5 years old
- May be in need of income assistance
- Can be receiving other benefits like foster care, medical assistance or SNAP

## Find WIC Near You.

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WIC is here to serve families across the U.S. With over 10,000 clinic sites, there's almost always a WIC office nearby.

Call 1-800-532-1579 or go to <https://hhs.iowa.gov/programs/food-assistance/wic-iowa> or [www.signupwic.com](http://www.signupwic.com).

Your local WIC office:



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Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027 (<https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410; or fax: (202) 690-7442; or email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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# Nutrition, Support, and the Power of Family



# We Help Families Stay Healthy.

**WIC is the Nation's most successful and cost-effective public health nutrition program.**

We provide wholesome food, nutrition education, breastfeeding support and community referrals and assistance for income-eligible families with pregnant or postpartum women, infants and children up to 5 years old.

## Food. Education. Support. You Got This.

We give parents the resources, knowledge and tools they need to be the parents they want to be.

### Healthy Food

We can help you buy milk, fruit, vegetables, eggs, cereal, juice, peanut butter, baby formula and other healthy foods.

### Nutrition Education

We offer guidance on how to shop for healthy food, how to prepare it and how to entice children to eat it. We support and educate families to help them reach their breastfeeding goals. We also provide access to:

- Prenatal nutrition
- Parenting tips
- Breastfeeding tips
- Healthy recipes
- Eating tips for your child

### A Community of Support

We're a network built for families. We connect them, we educate them and we learn from them. Our staff consists of:

- Dietitians, Nurses, and Nutritionists
- Lactation specialists
- Breastfeeding Peers Counselors

### Referrals

We can introduce families to resources outside of WIC, including:

- Healthcare professionals such as pediatricians, OBGYNs and dentists
- Immunization services
- Other food resources
- Head Start or Early Head Start
- Hawki and Medicaid

Household Size	Annual Income	Monthly Income
1	\$29,526	\$2,461
2	\$40,034	\$3,337
3	\$50,542	\$4,212
4	\$61,050	\$5,088
5	\$71,558	\$5,964
6	\$82,066	\$6,839
7	\$92,574	\$7,715
8	\$103,082	\$8,591
Each additional family member add:	+\$10,508	+\$876

Please note: These income guidelines are only good from July 1, 2026 through June 30, 2027.

