

## All Caregivers Are Welcome.

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.

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.

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:



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email: [Program.Intake@usda.gov](mailto:Program.Intake@usda.gov).

This institution is an equal opportunity provider.



# 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
- Head Start or Early Head Start
- Immunization services
- Hawki and Medicaid
- Other food resources

Household Size	Annual Income	Monthly Income
1	\$28,953	\$2,413
2	\$39,128	\$3,261
3	\$49,303	\$4,109
4	\$59,478	\$4,957
5	\$69,653	\$5,805
6	\$79,828	\$6,653
7	\$90,003	\$7,501
8	\$100,178	\$8,349
Each additional family member add:	+\$10,175	+\$848

**Please note:** These income guidelines are only good from July 1, 2025 through June 30, 2026.

