

# ALL CAREGIVERS ARE WELCOME.

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

- Moms
- Dads
- Grandparents
- Foster parents
- Step-parents
- 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 <http://idph.iowa.gov/wic> or [www.signupwic.com](http://www.signupwic.com).

Your local WIC office:



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Person with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339. Additionally, program information may be made available in languages other than English.

To file a complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027) found online at: <https://www.usda.gov/oascr/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 Washington, D.C. 20250-9410;

Fax: (202) 690-7442; or

Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

June 2022

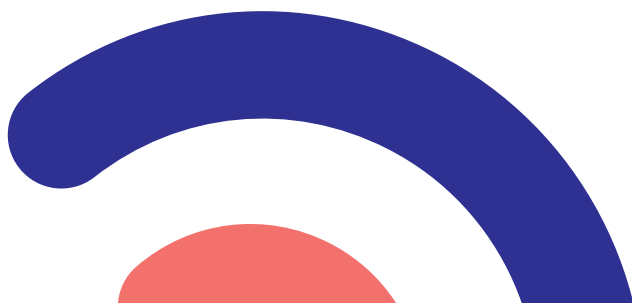


# NUTRITION, SUPPORT AND THE POWER OF FAMILY.



# 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/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
- Breastfeeding tips
- Eating tips for your child
- Parenting tips
- Healthy recipes

### 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/Early Head Start
- Hawk-1/Medicaid

## INCOME GUIDELINES

Household Size	Annual Income	Monthly Income
1	\$25,142	\$2,096
2	\$33,874	\$2,823
3	\$42,606	\$3,551
4	\$51,338	\$4,279
5	\$60,070	\$5,006
6	\$68,802	\$5,734
7	\$77,534	\$6,462
8	\$86,266	\$7,189
Each additional family member add:	+ \$8,732	+ \$728

