

ALL CAREGIVERS ARE WELCOME.

We talk a lot about moms. But we offer support to anyone—working or not—who cares for a child, including:

- Moms
- Single fathers
- 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 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 there to serve families across the U.S. With over 10,000 clinic sites, there's almost always a WIC center nearby.

1-800-532-1579

<http://idph.iowa.gov/wic>, 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, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted of funded by USDA.

Person with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, 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.ascr.usda.gov/ad-3027-usda-program-discrimination-complaint-form>, 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

This institution is an equal opportunity provider.

June 2020

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 women who are pregnant or postpartum, 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 moms to help them breastfeed successfully.

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 community consists of:

- Nutritionists
- Lactation specialists
- Peers

REFERRALS

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

- Healthcare professionals such as pediatricians, OBGYNs and dentists
- Immunization services
- Substance abuse counselors
- Domestic abuse counseling
- Social services

Do you know anyone who is pregnant, recently had a baby or has a child under age 5? Tell them about WIC – a nutrition program for Women, Infants and Children



The IOWA WIC PROGRAM can provide nutritious foods such as milk, eggs, cereal, juice, fruits, vegetables and infant formula at no cost for families with pregnant women or young children. They also receive nutrition advice from Registered Dietitians and nurses, breastfeeding support and information, and referrals for health care. Many working families participate in WIC. Those on Medicaid, or with an income before taxes up to and including the guidelines below, are income eligible. Call 1-800-532-1579 today!

	1	2	3	4	5	6	7	8
Gross Annual Income	\$23,606	\$31,894	\$40,182	\$48,470	\$56,758	\$65,046	\$73,334	\$81,622
Gross Monthly Income	\$1,968	\$2,658	\$3,349	\$4,040	\$4,730	\$5,421	\$6,112	\$6,802

FAMILY SIZE:

(Effective 7/1/2020)

This institution is an equal opportunity provider.

KIM REYNOLDS, GOVERNOR
ADAM GREGG, LT. GOVERNOR
State of Iowa

Iowa Department of Public Health
Lucas State Office Building
Des Moines, Iowa 50319-0075
TTY: Deaf Services

(515) 281-6650 or 1-800-532-1579
1-800-735-2942