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.

Your local WIC office:

NUTRITION, SUPPORT AND THE POWER OF FAMILY.

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.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

This institution is an equal opportunity provider. June 2022
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, OB/GYNs and dentists
- Immunization services
- Other food resources
- Head Start/Early Head Start
- Hawk-I/Medicaid

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INCOME GUIDELINES

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Annual Income</th>
<th>Monthly Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$25,142</td>
<td>$2,096</td>
</tr>
<tr>
<td>2</td>
<td>$33,874</td>
<td>$2,823</td>
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<tr>
<td>3</td>
<td>$42,606</td>
<td>$3,551</td>
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<tr>
<td>4</td>
<td>$51,338</td>
<td>$4,279</td>
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<tr>
<td>5</td>
<td>$60,070</td>
<td>$5,006</td>
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<tr>
<td>6</td>
<td>$68,802</td>
<td>$5,734</td>
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<tr>
<td>7</td>
<td>$77,534</td>
<td>$6,462</td>
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<tr>
<td>8</td>
<td>$86,266</td>
<td>$7,189</td>
</tr>
<tr>
<td>Each additional family member added</td>
<td>+ $8,732</td>
<td>+ $728</td>
</tr>
</tbody>
</table>

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.