WHO IS WIC FOR?

Household Size	Gross income		
	Yearly	Monthly	Weekly
1	$23,107	$1,926	$445
2	$31,284	$2,607	$602
3	$39,461	$3,289	$759
4	$47,638	$3,970	$917
5	$55,815	$4,652	$1,074
6	$63,992	$5,333	$1,231
7	$72,169	$6,015	$1,388
8	$80,346	$6,696	$1,546
For each additional family member add:	+$8,177	+$682	+$158

To find out if you are eligible, please contact your local WIC Clinic.

IS WIC FOR MEN TOO?

WIC welcomes men! WIC recognizes the important role that fathers, grandparents, stepparents, and other guardians play in caring for children. Fathers and other caregivers of children younger than 5 are encouraged to bring their children to appointments, attend nutrition and health education and use the eWIC card in grocery stores.

HOW DO I APPLY?

Contact WIC today to learn more or find out if you are eligible.

Call: Local WIC 970-522-3741
Toll Free State WIC 1-800-688-7777

Visit: www.nchd.org/wic
www.coloradowic.com
www.fns.usda.gov/wic/

Apply online:
http://www.coloradowicsignup.com/

Logan County
(970) 522-3741

Morgan County
(970) 867-4918

Phillips County
(970) 854-2717

Washington County
(970) 345-6562

Sedgwick County
(970) 474-2619

Yuma County
(970) 848-3811

Northeast Colorado Health Department
www.nchd.org

WIC COLORADO

The Special Supplemental Nutrition Program for Women, Infants, and Children

Offering families
GOOD FOOD & A WHOLE LOT MORE

WHAT IS WIC?

WIC is a nutrition program that provides education, breastfeeding support, healthy food and other services free of charge to Colorado families that qualify. WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children.

WHAT DOES WIC OFFER?

WIC's goal is to help keep pregnant and breastfeeding women and children younger than 5 healthy. To do this, WIC provides:

- Personalized nutrition consultation.
- Breastfeeding information, support, referrals, and pumps.
- Free, healthy food.
- Referrals for medical and dental care, health insurance, child care,housing and other services that can benefit the whole family.

And that's not all! WIC also offers nutrition and health education on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, working and breastfeeding, and shopping on a budget.

WHAT WIC FOODS CAN I BUY

WIC food benefits make it easier for you to provide healthy, delicious foods to your family. WIC food benefits are also easy to use. Use them to get free, healthy foods, including:

- Fruits & vegetables
- Cereal, brown rice, & whole grain breads, pasta, and tortillas.
- Milk, cheese, & yogurt
- Tofu & soy beverage
- Eggs
- 100% fruit & vegetable juice
- Peanut butter & beans
- Canned fish
- Baby foods
- Supplemental infant formula

WHAT'S NEW IN WIC?

- More food choices
- Choices of in-person, phone, or online appointments.
- WICShopper app, easily identify WIC foods and track your WIC purchases and food balance.
- Online health nutrition and education.
- Text reminders and information.