



Southeastern Idaho Public Health

For Immediate Release
July 1, 2019

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Idaho WIC makes annual adjustment to income guidelines

Idaho's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) will implement new income guidelines effective July 1, 2019, that raise household income eligibility limits to help offset cost of living increases. This review and adjustment happens annually.

To be eligible for the WIC program, an individual must be a pregnant or breastfeeding woman, a woman who has recently been pregnant, or an infant or child younger than 5 years old. In addition, the individual must live in Idaho, have a need that can be helped by WIC foods and nutrition counseling, and have a low-to-moderate income.

To be eligible on the basis of income, an applicant's gross income (e.g., before taxes are withheld) must fall at or below 185 percent of the U.S. Poverty Income Guidelines. For example, under the new guidelines a family of three can earn up to \$39,461 annually; under the old guidelines a family of three could have earned up to \$38,443 annually.

If you or a family member are in the categories served by WIC and currently receive Medicaid, SNAP, TANF, or CHIP, you are automatically income-eligible for WIC.

WIC Income Eligibility Guidelines Effective July 1, 2019 through June 30, 2020

Number of Household Members*	Maximum Annual Gross Household Income
1	\$23,107
2	\$31,284
3	\$39,461
4	\$47,638
5	\$55,815

More than 5	Call the local WIC clinic
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**One pregnant woman counts as two household members.*

WIC provides nutritious supplemental foods such as fresh fruits and vegetables, milk, eggs, cheese, cereal, juice, beans and peanut butter at no cost to qualified families. WIC services also include health screenings, nutrition counseling, breastfeeding information and support, help from registered dietitians, and referrals to other services. The average Idahoan enrolled in WIC receives approximately \$48 of healthy foods per month. There are currently approximately 32,000 people per month receiving Idaho WIC assistance.

For more information about WIC in your area, please contact your local Southeastern Idaho Public Health office or visit www.siphidaho.org.