

Let WIC Work for YOU!

An Easy Way to Stretch Your Food Budget



WHAT'S INCLUDED IN WIC



FRESH FRUITS AND VEGGIES

Any variety whole or cut fresh fruit & veggies



WHOLE GRAINS

Cereal, Bread, Tortillas, Pasta, Rice



DAIRY & JUICE

Milk, Yogurt, Cheese Eggs, Fruit Juice



PROTEINS & LEGUMES

Peanut Butter, Beans Peas & Lentils



INFANT FOODS

Formula, Infant Foods, Cereal

WHAT IS WIC?

WIC is a FREE federally funded nutrition program for women, infants, and children up to age 5.

WIC provides the following at no cost:

- healthy foods & formula
- nutrition education & counseling
- breastfeeding support
- referrals for healthcare & community services

YOU COULD BE ELIGIBLE

- Resident of Idaho
- Meet generous income guidelines (see back)
- Pregnant and/or parent or caregiver of a child under age of 5
- A woman who had a baby within the last six months
- A breastfeeding woman



APPLY NOW!

or get more information!

SCAN ME



www.siphidaho.org

It's Easy to Use & Access Your WIC Benefits

EBT Card & WIC Shopper App



Use an EBT card (similar to a debit card) to purchase WIC approved foods. Benefits are loaded monthly into your account.



Use the WIC Shopper App to keep track of your benefits & account balances. Use the digital food list & scan UPCs to see if items are WIC approved.

How to Access Benefits



Attend WIC Appointments

YOU CHOOSE HOW YOU ATTEND YOUR APPOINTMENTS!!

Choose from [phone visits](#) or [in-person](#). The first visit usually takes 45 minutes to an hour. However, visits after that generally last 15 – 20 minutes. Visits are generally done once every three months.

Provide Necessary Documentation



WIC Staff will need proof of income for everyone living in the household, identification for you and your children applying for WIC & proof of where you live. We can accept these documents via an online system. No need to come into the office.



INCOME GUIDELINES

Household Size	1	2	3	4
Gross Annual Income	\$28,953	\$39,128	\$49,303	\$59,478
Monthly Gross Income	\$2,413	\$3,261	\$4,109	\$4,957
Weekly Gross Income	\$557	\$753	\$949	\$1,144

- A pregnant woman may count as 2
- For each additional person, add \$10,175/ year
- Gross income is income before taxes are withheld
- Automatically qualify if you receive Medicaid Benefits

"This institution is an equal opportunity provider".