

Healthy Food,
Nutrition Education,
& Breastfeeding Guidance



HELPING FAMILIES

Many families qualify for WIC. Our services help support efforts to provide healthy and nutritious meals on a budget.

Q: What healthy foods can be purchased?

- Infants: formula, infant cereal, infant fruits, vegetables, and meat
- Women and children vary in quantities, but in general: milk, yogurt, fresh fruits and vegetables, whole grains (bread, pasta, tortillas, rice), peanut butter, eggs, and beans.

Q: What happens during WIC appointments?

- In-person office visits that include health history, height and weight of your child, nutrition education, and support for breastfeeding moms.
- Benefits are provided to purchase foods at the grocery store.

Nutrition Education

Create healthy, affordable meals for your family through nutrition tips and recipes.

Breastfeeding

This is the best way to feed your newborn. We offer support, education, counseling, and breast pumps.

Medical Referrals

We want you to have the medical help you need. Get referrals for immunizations, health care, and other programs like Medicaid and CHIP.

Counseling

Parents often worry about their child's eating habits. Our Registered Dietitians can give you professional advice for your nutritional concerns.

Prenatal Nutrition

We help in giving your baby a healthy start. Through our prenatal education and food benefits, we can help feed your baby long before delivery.

Health Screenings

Tracking your child's growth will help you understand their health and development.

WHO QUALIFIES?

Applicants must be residents of Idaho, and

- Pregnant or be breastfeeding a baby under one year of age, or
- Have an infant or child under the age of five, and
- Meet the following income guidelines:

For each additional individual, add \$9,509/year.
Pregnant woman = 2 people.

INCOME GUIDELINES

July 1, 2023 through June 30, 2024

| Number of Household Members | Per Week | Per Month | Maximum Gross Household Income Per Year |
|-----------------------------|----------|-----------|---|
| 1 | \$519 | \$2,248 | \$26,973 |
| 2 | \$702 | \$3,041 | \$36,482 |
| 3 | \$885 | \$3,833 | \$45,991 |
| 4 | \$1,068 | \$4,625 | \$55,500 |
| 5 | \$1,251 | \$5,418 | \$65,009 |
| 6 | \$1,434 | \$3,105 | \$74,518 |

7/2023-Boise

Examples of WIC Packages*



(pregnant mom with breast-fed infant)



(pregnant mom with formula-fed infant & 1 age-qualifying child)



(2 age-qualifying children)

* Other packages exist.
Talk to a WIC representative to learn more.

CALL TODAY TO FIND
OUT IF YOU QUALIFY.
208-327-7400

> cdh.idaho.gov/wic

> Appointments held at multiple
locations throughout Boise Co.



WIC is an equal opportunity
provider.