



*minimum amount; may be eligible for additional funds

Women, Infants and Children (WIC)

HELPING FAMILIES

Many families are WIC-eligible. 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.
- Check voucher given to purchase foods at local grocery stores.

Healthy Food, Nutrition Education, and Breastfeeding Guidance

“Everyone here has helped me and my daughter more than I could ever describe.”
— CDHD WIC Participant

WIC appointments are available throughout Ada County and in Boise, Elmore, and Valley counties.

CALL TODAY TO FIND OUT IF YOU QUALIFY.
208-327-7488

cdhd.idaho.gov/wic.php
707 N. Armstrong Pl., Boise



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 vouchers, 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:

INCOME GUIDELINES			
July 1, 2017 through June 30, 2018			
Number of Household Members	Per Week	Per Month	Maximum Gross Household Income Per Year
1	\$430	\$1,860	\$22,311
2	\$578	\$2,504	\$30,044
3	\$727	\$3,149	\$37,777
4	\$876	\$3,793	\$45,510
5	\$1,024	\$4,437	\$53,243
6	\$1,173	\$5,082	\$60,976

For each additional individual, add \$7,733/year.
Pregnant woman = 2 people.