

Your child has you, and you have WIC

If your family qualifies for free or reduced-cost lunch and you are pregnant or have children younger than age 5, you may qualify for WIC.



What can WIC provide for my family?

- Healthy foods
- Nutrition counseling
- Prenatal nutrition
- Growth assessment
- Breastfeeding support

WIC can help your family have healthy foods by providing:

Vegetables and fruit Fresh vegetables and fruit, baby foods, juice

Whole grains Whole wheat bread and pasta, whole wheat or corn tortillas, brown rice, whole grain cereal

Fat-free and low-fat dairy products Fat-free and low-fat milk and yogurt, infant formula

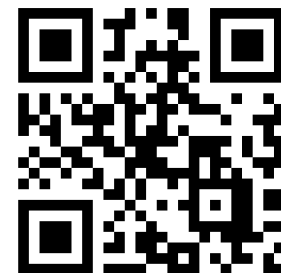
Protein Tuna fish/salmon, beans, peanut butter, eggs

Income guidelines

Household size	Monthly (gross)	Yearly (gross)
1	\$2,413	\$28,953
2	\$3,261	\$39,128
3	\$4,109	\$49,303
4	\$4,957	\$59,478
5	\$5,805	\$69,653
6	\$6,653	\$79,828
7	\$7,501	\$90,003

Effective July 1, 2025 to June 30, 2026

Open the camera on your phone and scan the QR code



wic.utah.gov



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Updated 6/2025