

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 support
- Growth assessment
- Breastfeeding support

WIC can help your family have healthy foods by providing:

Vegetables and fruits	Vegetables and fruits, baby foods, juice
Whole grains	Bread, pasta, tortillas, brown rice, cereal, quinoa, oats, bulgur, corn masa flour
Dairy products	Milk, yogurt, cheese
Protein	Canned fish, beans, peanut butter, eggs
Formula	Infant formula, medical formula

Income guidelines | 2026-2027

Household size	Monthly (gross)	Yearly (gross)
1	\$2,461	\$29,526
2	\$3,337	\$40,034
3	\$4,212	\$50,542
4	\$5,088	\$61,050
5	\$5,964	\$71,558
6	\$6,839	\$82,066
7	\$7,715	\$92,574

Effective July 1, 2026 to June 30, 2027



Department of Health
& Human Services



Learn how to apply. Open the camera on your phone and scan the QR code



wic.utah.gov/about/apply/

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