Your child has you, and you have WIC

- Nutrition Counseling
- Healthy Eating
- Prenatal Nutrition
- Health Assessment
- Breastfeeding Support
- Healthy Foods

Effective July 1, 2022 - June 30, 2023

Household Size	Monthly (Gross)	Yearly (Gross)
1	$2,096	$25,142
2	$2,823	$33,874
3	$3,551	$42,606
4	$4,279	$51,338
5	$5,006	$60,070
6	$5,734	$68,802
7	$6,462	$77,534
8	$7,189	$86,266

*Note: If you are pregnant, you may count your unborn child in your family size.

Dietary Guideline Recommendations	WIC Foods
Fruits and Vegetables	Fresh fruits and vegetables; baby foods; and juice
Whole grains	Whole wheat bread and pasta, whole wheat or corn tortillas, brown rice, whole grain cereals
Fat free and low fat dairy products	Fat free and low fat milk and yogurt; infant formula
Protein	Tuna fish/salmon, beans, peanut butter and eggs

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This institution is an equal opportunity provider.

UTAH | WOMEN, INFANTS & CHILDREN

wic.utah.gov | 1-877-WIC-KIDS (942-5437)

Health Department	Clinic	Address	Phone
Bear River	Brigham	817 W 950 S, **Brigham City,** 84302-3071	**435-734-0845**
Health Department	Garden City	115 S Bear Lake Blvd**, Garden City**, 84028	**435-881-3383**
	Logan	**655 E 1300 N, Logan, 84341-2570**	**435-792-6451**
	Logan South	635 S 100 E, **Logan**, 84321	**435-792-6451**
	Randolph	275 N Main, PO Box 392, **Randolph,** 84064-0392	**435-793-2445**
	Tremonton	440 West 600 North, **Tremonton,** 84337	**435-257-3318**
Central Utah Public	W Millard	362 W Main St, Ste 1, PO Box 176**, Delta,** 84624-0176	**435-864-3612**
Health Department	Eureka	440 E Main, **Eureka,** 84628	**435-623-0696**
	E Millard	40 N 400 W, **Fillmore,** 84631	**435-743-5723**
	Piute	545 N Main, PO Box 40, **Junction,** 84740-0040	**435-577-2521**
	Wayne	18 S Main, PO Box 326, **Loa,** 84747-0326	**435-836-1317**
	Hanksville	50 W Main St, **Hanksville,** 84734	**435-836-1317**
	S Sanpete	40 W 200 N**, Manti,** 84642-1246	**435-835-2231**
	N Sanpete	20 S 100 W, # 30, **Mount Pleasant,** 84647-1507	**435-462-2449**
	Juab	160 N Main, **Nephi,** 84648-1412	**435-623-0696**
	Sevier	**70 Westview Dr, Richfield, 84701-1868**	**435-896-5451**
Davis County	Clearfield	**22 South State Street, Clearfield, UT 84015**	**801-525-5010**
Health Department			
Salt Lake County	Ellis Shipp	4535 S 5600 W, **West Valley City,** 84120-4639	**385-468-3710**
Health Department	Salt Lake	610 S 200 E, **Salt Lake City**, 84111	**385-468-3660**
	South East	9340 S 700 E, **Sandy,** 84070-6203	**385-468-4335**
	South Main	3690 S Main, **Salt Lake City**, 84115-3749	**385-468-3990**
	South Redwood	7971 S 1825 W, **West Jordan**, 84088	**385-468-4365**
San Juan Public	**Blanding**	**735 S 200 W, Ste B, Blanding, 84511**	**For all San Juan**
Health Department	Monticello	380 W 100 N, PO Box 1054, **Monticello**, UT 84535-1054	**County Clinics**
	Montezuma Creek	East Hwy 262, PO Box 130, **Montezuma Creek**, 84534	**Call: 435-587-3838**
	Monument Valley	30 W Medical Drive, PO Box 360005, **Monument Valley**, 84536	
Southeast Utah	Castle Dale	25 W Main, PO Box 644, **Castle Dale,** 84513-0644	**435-381-2252**
Health Department	East Carbon	105 W Geneva Dr**, East Carbon,** 84520-0818	**435-630-8080**
	Green River	585 W Main, PO Box 249, **Green River,** 84525-0249	**435-630-8080**
	Moab	575 S Kane Creek Blvd, **Moab,** 84532	**435-259-5602**
	Price	**149 E 100 S, PO Box 800, Price, 84501-0800**	**435-637-3671**
Southwest Utah Public	Beaver	1175 N. 75 W, PO Box G**, Beaver,** 84713	**Call Cedar City**
Health Department	Cedar City	260 DL Sargent Dr**, Cedar City,** 84720-9342	**435-586-2437**
	Kanab	445 N Main St**, Kanab,** 84741	**435-644-2537**
	Panguitch	601 E Center St, **Panguitch,** 84759	**Call Cedar City**
	St. George	**620 South 400 East Suite 400, St. George, 84770**	**435-673-3528**
Summit County	Coalville	85 N 50 E, PO Box 128, **Coalville,** 84017-0128	**For all Summit**
Public Health Department	Kamas	110 N Main St, **Kamas,** 84036	**County Clinics**
	Park City	**650 Round Valley Dr, Park City, 84060**	**Call: 435-333-1515**
Tooele County	**Tooele**	**151 N Main, Tooele, 84074-2141**	**435-277-2320**
Health Department	Wendover	920 E Wendover Blvd, PO Box 554, **Wendover,** 84083-0554	**435-277-2327**
TriCounty	Roosevelt	409 S. 200 E. Roosevelt, UT 84066	**435-722-6333**
Health Department	**Vernal**	**133 S. 500 E. Vernal, 84078**	**435-247-1179**
Utah County	N County	599 S 500 E, **American Fork,** 84003	**For all Utah County**
Health Department	Orem	816 North 980 West, **Orem**, UT 84057	**Clinics**
	S County	285 N 1250 E, **Payson,** 84651	**Call: 801-851-7300**
	Provo	**151 S University Ave, # 2100, Provo, 84601-4427**	
Wasatch County Health Department	**Heber**	**55 S 500 E, Heber City, 84032-1918**	**435-657-3302**
Weber-Morgan	**Ogden**	**455 23rd Street, Ogden, 84401--1507**	**801-399-7200**
Health Department			

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