Your child has you, and you have WIC

What can WIC provide for my family?

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

If your child qualifies for free or reduced-cost lunch, and you are pregnant or have children under the age of 5, you may qualify for WIC.

WIC can help your family have healthy foods by providing:

Vegetables and Fruit	Fresh vegetables and fruit; baby foods; and 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	$2,096	$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

Effective Date (July 1, 2022 - June 30, 2023)

To find clinic locations near you visit wic.utah.gov or call 1-877-WIC-KIDS

UTAH | WOMEN, INFANTS & CHILDREN

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