

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	\$2,322	\$27,861
2	\$3,152	\$37,814
3	\$3,981	\$47,767
4	\$4,810	\$57,720
5	\$5,640	\$67,673
6	\$6,469	\$77,626
7	\$7,299	\$87,579

Effective July 1, 2024 to June 30, 2025

Open the camera on your phone and scan the QR code



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