

Healthy Food,  
Nutrition Education,  
& Breastfeeding Guidance



**WOMEN, INFANTS,  
& CHILDREN**

Many families qualify for WIC. Our services help support efforts to provide healthy and nutritious meals on a budget.

**Q: What healthy foods can be purchased?**

- Infants: formula, infant cereal, infant fruits, vegetables, and meat
- Women and children vary in quantities, but in general: milk, yogurt, fresh fruits and vegetables, whole grains (bread, pasta, tortillas, rice), peanut butter, eggs, and beans.

**Q: What happens during WIC appointments?**

- In-person office visits that include health history, height and weight of your child, nutrition education, and support for breastfeeding moms.
- Benefits are provided to purchase foods at the grocery store.

**Nutrition Education**

Create healthy, affordable meals for your family through nutrition tips and recipes.

**Breastfeeding**

This is the best way to feed your newborn. We offer support, education, counseling, and breast pumps.

**Medical Referrals**

We want you to have the medical help you need. Get referrals for immunizations, health care, and other programs liked Medicaid and CHIP.

**Counseling**

Parents often worry about their child's eating habits. Our Registered Dietitians can give you professional advice for your nutritional concerns.

**Prenatal Nutrition**

We help in giving your baby a healthy start. Through our prenatal education and food benefits, we can help feed your baby long before delivery.

**Health Screenings**

Tracking your child's growth will help you understand their health and development.

**WHO QUALIFIES?**

Applicants must be residents of Idaho, and

- Pregnant or be breastfeeding a baby under one year of age, or
- Have an infant or child under the age of five, and
- Meet the following income guidelines:

For each additional individual, add \$9,509/year.  
Pregnant woman = 2 people.

**INCOME GUIDELINES**

July 1, 2023 through June 30, 2024

Number of Household Members	Per Week	Per Month	Maximum Gross Household Income Per Year
1	\$519	\$2,248	\$26,973
2	\$702	\$3,041	\$36,482
3	\$885	\$3,833	\$45,991
4	\$1,068	\$4,625	\$55,500
5	\$1,251	\$5,418	\$65,009
6	\$1,434	\$3,105	\$74,518

7/2023-Valley

**Examples of WIC Packages\***



*(pregnant mom with breast-fed infant)*



*(pregnant mom with formula-fed infant & 1 age-qualifying child)*



*(2 age-qualifying children)*

\* Other packages exist.  
Talk to a WIC representative to learn more.

**CALL TODAY TO FIND  
OUT IF YOU QUALIFY.  
208-634-7194**

- > [cdh.idaho.gov/wic](http://cdh.idaho.gov/wic)
- > Appointments held at multiple locations throughout Valley Co.



*WIC is an equal opportunity provider.*