



Women, Infants and Children (WIC)

HOW WIC SUPPORTS YOUR PATIENTS

Nutrition Education: Our knowledgeable staff help families to create healthy, affordable meals through nutrition tips and recipes.

Breastfeeding: Our WIC staff, which include IBCLCs, offer support, education, and counseling. Ask us about breast pump availability.

Medical Referrals: At each appointment, clients are offered information about other health services such as immunizations, Medicaid, and CHIP. We can collaborate with primary care providers about progress and concerns, and encourage well-child checks with their provider.

Counseling: Parents often worry about their child's eating habits. Our qualified Registered Dietitians understand the challenges that accompany child feeding and are available to offer support and guidance for various feeding concerns.

Prenatal Nutrition: We help nourish babies long before delivery by providing prenatal nutrition recommendations, food vouchers, and other health information throughout pregnancy.

Health Screenings: Tracking a child's growth will help parents understand their health and development.

Healthy Food, Nutrition Education, and Breastfeeding Guidance

DID YOU KNOW...

Only 53% of eligible women, infants, and children participate in WIC in Idaho

WIC influences lifelong nutrition and health behaviors:

- Fewer low weight and premature births
- Fewer fetal and infant deaths
- Improved diet
- Higher immunization rates and access to regular health care
- Less childhood anemia, obesity, and dental problems

Kids are eligible through age 5

EMPOWERING FAMILIES

Many families are WIC-eligible. Our services help support their 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: How can I refer?

- Speak to your patients about the benefits of WIC
- Fax referrals to 208-321-2243
- Have your staff or patients call us at 208-327-7488
- Learn about our many clinic locations: www.cdhd.idaho.gov/wic.php

208-327-7488
cdhd.idaho.gov/wic.php

707 N. Armstrong Pl., Boise



WIC is an equal-opportunity provider and employer.

ELIGIBILITY GUIDELINES

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:

INCOME GUIDELINES			
July 1, 2017 through June 30, 2018			
Number of Household Members	Per Week	Per Month	Maximum Gross Household Income Per Year
1	\$430	\$1,860	\$22,311
2	\$578	\$2,504	\$30,044
3	\$727	\$3,149	\$37,777
4	\$876	\$3,793	\$45,510
5	\$1,024	\$4,437	\$53,243
6	\$1,173	\$5,082	\$60,976

For each additional individual, add \$7,733/year.
Pregnant woman = 2 people.