

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	\$1,968	\$23,606
2	\$2,658	\$31,894
3	\$3,349	\$40,182
4	\$4,040	\$48,470
5	\$4,730	\$56,758
6	\$5,421	\$65,046
7	\$6,112	\$73,334

Effective Date (July 1, 2020 - June 30, 2021)



eWIC Cards are Here!

Cards are easier to use than previous WIC vouchers.

Contact Davis County WIC

Phone: 801-525-5010 or Text: 801-477-6806

Request Appointments Online: <http://bit.ly/WICAppt> or Website: www.daviscountyutah.gov/health

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