

# Your child has you. And you have WIC.

## Can WIC help you?

WIC provides nutrition education, healthful foods, and other resources for women, infants and children who qualify.

### WIC is for ➤

- Pregnant women
- Breastfeeding women
- Postpartum women (up to 6 months after delivery)
- Infants and children up to age 5

### To qualify, you must ➤



**Meet Income Limits:** Families who get Medicaid, food stamps, and/or Temporary Assistance for Needy Families (TANF) are automatically income-eligible for WIC. Others must meet the limits listed below. Many working families qualify.

**Live in Boulder County:** You must live in the county where you get WIC services. All counties in Colorado have a WIC program. You do not have to be a U.S. citizen to participate in WIC.

**Have a Diet or Health Need:** WIC screens to see if you have any diet or health issues.



### Why get WIC? ➤



**Nutrition Help:** WIC staff can help you learn more about choosing, eating, and cooking healthy foods for you and your family.

**Breastfeeding Support:** New mothers and babies get help with breastfeeding issues and support.

**WIC Foods:** You will get checks to buy foods like milk cereals, eggs, cheese, peanut butter, beans, juices, and infant formula for WIC families. Breastfeeding moms also get tuna and carrots.

**Referrals:** WIC can help you find other services in the community that might be useful to you and your family.

## Call the WIC office near you!

- Boulder:** 303.413.7520 (Monday – Friday)
- Longmont:** 303.678.6130 (Monday – Friday)
- Lafayette:** 303.666.4168 (Tuesday – Thursday)

## Colorado WIC Income Guidelines

Income guidelines are for WIC participants effective July 1, 2009 – June 30, 2010

Number Household Members*	Yearly Gross Household Income	Monthly Gross Household Income	Weekly Gross Household Income
1	\$20,036	\$1,670	\$386
2	\$26,955	\$2,247	\$519
3	\$33,874	\$2,823	\$652
4	\$40,793	\$3,400	\$785
5	\$47,712	\$3,976	\$918
6	\$54,631	\$4,553	\$1,051
7	\$61,550	\$5,130	\$1,184
8	\$68,469	\$5,706	\$1,217
For each additional family member add	+\$6,919	+\$577	+\$134

\* Add one to family size for all pregnant women



[www.BoulderCountyWIC.org](http://www.BoulderCountyWIC.org)

The WIC Program is an Equal Opportunity Provider.