



Look what WIC can provide for breastfeeding moms!

**And all our services are FREE!**

- ▶ Breastfeeding Classes
- ▶ Nutrition and Breastfeeding Counseling
- ▶ Breastfeeding Peer Counselors
- ▶ Manual Breast Pumps
- ▶ Pedal Breast Pumps
- ▶ Electric Breast Pumps (*loaned*)
- ▶ Electric Breast Pump Kits
- ▶ Breast Pads
- ▶ Breast Shells
- ▶ More Food
- ▶ Longer Participation in WIC

For more information,  
or to locate a clinic near you, visit:

**wic.utah.gov**

**youtube.com/user/UtahWICProgram**

or call us at:

**1-877-WIC-KIDS (942-5437)**

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Utah WIC Program | 1-877-WIC-KIDS | [wic.utah.gov](http://wic.utah.gov)

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# WIC & YOU



Your child has you,  
and you have **WIC**

WIC is a supplemental food and nutrition education program for Women, Infants and Children.

Nutrition for Healthy Lives



## What is WIC?

WIC is a supplemental food and nutrition education program for Women, Infants, and Children.

### To qualify:

- ✓ Be pregnant, breastfeeding, or just had a baby
- ✓ Or have an infant or child under 5 years of age
- ✓ Need WIC foods to be healthy
- ✓ Meet these income guidelines or are receiving Medicaid or Food Stamps

Household Size	Monthly (Gross)	Yearly (Gross)
1	\$2,096	\$25,142
2	\$2,823	\$33,874
3	\$3,551	\$42,606
4	\$4,279	\$51,338
5	\$5,006	\$60,070
6	\$5,734	\$68,802
7	\$6,462	\$77,534
8	\$7,189	\$86,266
Effective July 1, 2022 to June 30, 2023		

**\*Note:** If you are pregnant, you may count your unborn child in your family size.

## WIC is a nutrition program that provides healthy food and nutrition education!

WIC supports the 2015-2020 Dietary Guidelines! The 2015-2020 Dietary guidelines encourage Americans, ages 2 and older, to eat more fruits, vegetables, whole grains, fat free and low fat dairy products and seafood. Here's how WIC foods match-up:

Dietary Guideline Recommendations	WIC foods
<b>Fruits and Vegetables</b>	Fresh and frozen fruits and vegetables; baby foods; and juice
<b>Whole grains</b>	Whole wheat bread and pasta, whole wheat or corn tortillas, brown rice, whole grain cereals
<b>Fat free and low fat dairy products</b>	Fat free and low fat milk and yogurt; infant formula
<b>Protein</b>	Tuna fish/salmon, beans, peanut butter and eggs

Our Registered Dietitians and nutrition staff can give you healthy eating tips for the whole family.

WIC offers one-on-one nutrition counseling sessions, group classes and web-based education. Qualified nutrition staff will coach you through all stages of life by answering common questions like:

- ▶ What's the best first food for my baby?
- ▶ How can I get back to my prepregnancy weight?
- ▶ What do I do about my picky eater?
- ▶ How can I help my child reach a healthy weight?
- ▶ Should I be taking folic acid?
- ▶ Can pregnant women eat fish?



## WIC Loves Moms & Babies!

WIC can provide you with the best "tools & tips" so you can be successful in your decision to breastfeed your baby. Did you know in Utah, that over 90% of Moms breastfeed their babies?

WIC can give you ideas on how to prepare for feeding your baby right after birth - in the hospital and when you get home...without using formula. Formula may increase the risk of illness such as ear and respiratory infections, and obesity.

WIC has knowledgeable staff, Lactation Specialists and Peer Counselors, who can answer your breastfeeding questions. Breastfeeding moms stay on the program longer and receive more foods, too!

Your breastmilk is the perfect nutrition for your baby's first 6 months. It's the only thing they need! For the health and immunity benefits, WIC recommends breastfeeding for the entire first year, and longer is better, even through the second year.



Please call us at  
1.877.WIC.KIDS (942-5437).  
We are here for you!

