

# 7 MILLION WOMEN, INFANTS & CHILDREN GET WIC BENEFITS. ARE YOU ELIGIBLE?



WIC is the nation's most successful public health nutrition program. We provide healthy food, nutrition education, and community support to income-eligible pregnant women, mothers of infants, and children up to 5 years old.

## WHO IS ELIGIBLE?

- Children, from newborns up to age 5. All caregivers are welcome
- Pregnant women of all ages
- Women who had a baby or were pregnant in the past 6 months
- Moms breastfeeding a baby under 1 year of age

## ALL CAREGIVERS ARE WELCOME

We offer support to anyone who cares for a child under 5: moms, dads, grandparents, foster parents, and guardians. You've got this and we are here to help.

*This institution is an equal opportunity provider.*

## INCOME GUIDELINES

Effective May 15, 2023

Family Size	Annual	Monthly	Twice Monthly	Bi-Weekly	Weekly
1	\$26,973	\$2,248	\$1,124	\$1,038	\$ 519
2	\$36,482	\$3,041	\$1,521	\$1,404	\$ 702
3	\$45,991	\$3,833	\$1,917	\$1,769	\$ 885
4	\$55,500	\$4,625	\$2,313	\$2,135	\$1,068
5	\$65,009	\$5,418	\$2,709	\$2,501	\$1,251
6	\$74,518	\$6,210	\$3,105	\$2,867	\$1,434
7	\$84,027	\$7,003	\$3,502	\$3,232	\$1,616

- If you currently participate in Medicaid, SNAP, or ADC, you are income-eligible for WIC. If not, you may still qualify.
- All foster children under 5 and pregnant teen moms in foster care are income-eligible for WIC.

## FIND WIC NEAR YOU

FIND CONTACT INFORMATION FOR YOUR LOCAL OFFICE:

**SIGNUPWIC.COM**

LEARN MORE ABOUT NEBRASKA WIC:

[dhhs.ne.gov/WIC](http://dhhs.ne.gov/WIC)

(800) 942-1171



**NEBRASKA**  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

FH-PAM-34 Rev. 5/2023

# HEALTHY STARTS WITH



SIGNUPWIC.COM



# WE'RE HERE FOR YOU



## HOW DOES WIC HELP?



### HEALTHY FOOD & NUTRITION TIPS

We help you and your kids eat nutritious meals. We provide:

- Monthly benefits to buy healthy foods
- Tips on how to shop for and cook healthy foods
- Tips for picky eating
- More food if you breastfeed exclusively to help you stay healthy
- Nutrition/breastfeeding education and food tailored to pregnant women



### A COMMUNITY OF SUPPORT

We offer a network of experts and peers for education and guidance:

- Nutritionists to help you and your kids eat well
- Breastfeeding specialists to help you breastfeed successfully
- Other moms for sharing experiences and moral support



### REFERRALS

We introduce you to care beyond WIC including:

- Healthcare professionals such as pediatricians, OB/GYNs, and dentists
- Immunization services
- Other social services such as SNAP, food pantries, behavioral health services, and more

## HEALTHY FOOD. HEALTHY FAMILY.

WIC gives a variety of foods each month.

To learn more about WIC approved foods, download the free WICShopper App.



Some examples of what you could receive are:

