

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?

- Kids up to 5 years old
- Pregnant women
- Moms breastfeeding a baby under 1 year of age
- New moms who had a baby or were pregnant in the past 6 months

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 July 2020

Family Size	Annual	Monthly	Twice Monthly	Bi-Weekly	Weekly
1	\$23,606	\$1,968	\$ 984	\$ 908	\$ 454
2	\$31,894	\$2,658	\$1,329	\$1,227	\$ 614
3	\$40,182	\$3,349	\$1,675	\$1,546	\$ 773
4	\$48,470	\$4,040	\$2,020	\$1,865	\$ 933
5	\$56,758	\$4,730	\$2,365	\$2,183	\$1,092
6	\$65,046	\$5,421	\$2,711	\$2,502	\$1,251
7	\$73,334	\$6,112	\$3,056	\$2,821	\$1,411

- If you 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](https://www.signupwic.com)

LEARN MORE ABOUT NEBRASKA WIC:

dhhs.ne.gov/WIC

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

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HEALTHY
FOOD
HEALTHY
FAMILY



**WE'RE
HERE
FOR
YOU**



Did you know that WIC offers the following?

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!

FOOD. EDUCATION. SUPPORT. YOU GOT THIS.

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:

