

# WE HELP MOMS BE MOMS.

WIC is the nation's most successful and cost-effective public health nutrition program. We provide wholesome food, nutrition education and community support for income-eligible women who are pregnant, breastfeeding, or post-partum, and for infants and children up to five years old.

## FOOD. EDUCATION. SUPPORT. YOU GOT THIS.

We give moms the resources, knowledge and tools they need to be the moms they want to be.

### HEALTHY FOOD

WIC provides monthly checks for healthy food, such as:

#### Food with calcium for strong bones and teeth:

- Milk
- Yogurt
- Cheese
- Soy Beverages

#### Grains with iron for energy, and folic acid for healthy growth:

- Cereal
- Brown rice
- Corn or whole wheat tortillas
- Whole grain bread

#### Fruits and vegetables to keep your heart and weight healthy:

- Fruit or vegetable juice
- Fresh fruits & vegetables

#### Foods with protein for strong muscles and healthy skin:

- Dried or canned beans, peas, lentils
- Eggs
- Canned tuna or salmon
- Peanut butter

#### Iron fortified foods for infants who need it:

- Baby foods
- Infant cereal
- Infant formula

### NUTRITION EDUCATION

We support and educate moms to help them breastfeed successfully. We offer guidance on how to shop for healthy food, how to prepare it and how to entice children to eat it. We provide access to information including:

- Prenatal nutrition
- Breastfeeding tips
- Eating tips for your child
- Parenting tips
- Healthy recipes

### A COMMUNITY OF SUPPORT

We're a network built for moms. We connect them, we educate them and we learn from them. Our community consists of:

- Nutritionists
- Lactation specialists
- Breastfeeding peer counselors

### REFERRALS

We can introduce moms to resources outside of WIC including:

- Healthcare professionals, OBGYNs, and dentists
- Immunization services
- Substance abuse counseling
- Social services



# ALL CAREGIVERS ARE WELCOME.

We talk a lot about moms. But we offer support to anyone—working or not—who cares for a child including:

- Moms
- Single fathers
- Grandparents
- Foster parents
- Step-parents
- Guardians

## WE'RE HERE FOR YOU.

We're here for more moms and caregivers than you might think—in fact, we serve over half of all infants born in the U.S. To get WIC assistance, participants:

- Should be pregnant or have infants or children under 5 years old
- May be in need of income assistance
- Can be receiving other benefits like foster care, medical assistance, or SNAP

*This institution is an equal opportunity provider.*

## INCOME GUIDELINES

Effective July 2017

Family Size	Annual	Monthly	Twice Monthly	Bi-Weekly	Weekly
1	\$22,311	\$1,860	\$ 930	\$ 859	\$ 430
2	\$30,044	\$2,504	\$1,252	\$1,156	\$ 578
3	\$37,777	\$3,149	\$1,575	\$1,453	\$ 727
4	\$45,510	\$3,793	\$1,897	\$1,751	\$ 876
5	\$53,243	\$4,437	\$2,219	\$2,048	\$1,024
6	\$60,976	\$5,082	\$2,541	\$2,346	\$1,173
7	\$68,709	\$5,726	\$2,863	\$2,643	\$1,322

## FIND WIC NEAR YOU.

WIC is here to serve moms across the U.S. With over 10,000 clinic sites, there's almost always a WIC center nearby.

Find contact information for your local WIC office at:

[SIGNUPWIC.COM](http://SIGNUPWIC.COM)

**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

# NUTRITION, SUPPORT, AND THE POWER OF MOMS.

