

WHAT IS WIC?

Colorado WIC is a nutrition program that provides nutrition education, breastfeeding support, healthy food and other services free of charge to Colorado families who qualify. WIC is The Special Supplemental Nutrition Program for Women, Infants and Children.



WHAT DOES WIC OFFER?

WIC's goal is to help keep pregnant and breastfeeding women and children younger than age 5 healthy. To do this, WIC provides:

- Personalized nutrition consultation.
- Breastfeeding information, support, referrals and pumps.
- Free, healthy food.
- Referrals for medical and dental care, health insurance, child care, housing and other services that can benefit the whole family.

And that's not all! WIC also offers nutrition and health education on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, working and breastfeeding and shopping on a budget.



WHAT WIC FOODS

CAN I BUY?

WIC food benefits make it easier for you to provide the healthy, delicious foods that you feel good about giving your family. WIC food benefits are also easy to use. Use them to get free healthy food, including:

- Fruits & vegetables.
- Cereal, brown rice & whole grain breads, pasta and tortillas.
- Milk, cheese & yogurt.
- Tofu & soy beverage.
- Eggs.
- 100% fruit and vegetable juice.
- Peanut butter & beans.
- Canned fish.
- Baby foods.
- Supplemental infant formula.

WHAT'S NEW IN WIC?

- More food choices.
- Choices of in-person, phone or online appointments.
- WICshopper app to easily identify WIC foods and track your WIC purchases and food balance.
- Online health and nutrition education.
- Text reminders and information.



WHO IS WIC FOR?

WIC is for all kinds of families: married, single, moms, dads and foster parents; working or not working.

You can participate in WIC if you:

- Live in Colorado.
- Are pregnant or breastfeeding, and/or have a child younger than 5 years old.
- Have a family income less than WIC Income Guidelines or you currently get Temporary Assistance for Needy Families (TANF), Health First Colorado (Colorado's Medicaid Program) or SNAP. Foster children younger than age 5 are automatically eligible for WIC.

WIC INCOME GUIDELINES

July 1, 2017 - June 30, 2018

HOUSEHOLD SIZE*	GROSS INCOME		
	YEARLY	MONTHLY	WEEKLY
1	22,311	1,860	430
2	30,044	2,504	578
3	37,777	3,149	727
4	45,510	3,793	876
5	53,243	4,437	1,024
6	60,976	5,082	1,173
7	68,709	5,726	1,322
8	76,442	6,371	1,471
For each additional family member, add:	+\$ 7,733	+\$ 645	+\$ 149

If you are pregnant, count yourself as two. To find out if you are eligible, please contact your local WIC clinic.

IS WIC FOR MEN, TOO?

WIC welcomes men! WIC recognizes the important role that fathers, grandparents, stepparents, and other guardians play in caring for children. Fathers and other caregivers of children younger than 5 are encouraged to bring their children to appointments, attend nutrition and health education and use the eWIC card in grocery stores.

HOW DO I APPLY?

Contact WIC today to learn more or find out if you are eligible.

- Call:
- The WIC office closest to you.
 - Toll Free 1-800-688-7777 or Denver Metro (303) 692-2400.
- Visit:
- www.coloradowic.com.
 - www.fns.usda.gov/wic/.



The Special Supplemental Nutrition Program for Women, Infants and Children



OFFERING COLORADO FAMILIES

GOOD FOOD & A WHOLE LOT MORE

This institution is an equal opportunity provider.