

WIC is...growing up strong.

“WIC is one more way to know my child is on the right track. WIC helps me make sure we get medical and dental care.”



WIC is healthy food and a lot more.

It provides monthly checks for healthy food, health screenings and referrals, nutrition education, and breastfeeding support.

WIC is a nutrition program for pregnant women, new and breastfeeding moms, and children under 5.

WIC Income Guidelines

Number of people in your household*	Maximum monthly income to qualify
Family of 2	\$2,426
Family of 3	\$3,051
Family of 4	\$3,677
Family of 5	\$4,303
Family of 6	\$4,929

*If you are pregnant, include each unborn child in household size.

Half of all babies in Washington are on WIC.

Can WIC help your family?

Call the **Family Health Hotline**
1-800-322-2588 or visit
www.ParentHelp123.org

Getting WIC will not affect your immigration status.

WIC is a Nutrition Program for Women, Infants, and Children.

Washington State WIC Nutrition Program does not discriminate.

This institution is an equal opportunity provider.



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For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-841-1410 (TDD/TTY 711).

PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER WASHINGTON