

About WIC

WIC gives you good foods to help you provide the best possible start for your child to grow up healthy. Foods such as fruits, vegetables, milk, whole grains, eggs, peanut butter, cereal, formula and baby food are made available for your family.

But that's not all. The WIC Program also provides nutrition and health information, as well as referrals to other services for pregnant and breastfeeding women, new moms, infants, and children to age 5.

WIC is for all kinds of families: married and single parents, working or not working. If you are a mother, father, grandparent, foster parent or other legal guardian of a child younger than five, you can apply for WIC.

For more information, contact your local WIC office listed below or visit www.ndhealth.gov/wic.

County(ies)	Location	Phone Number
Adams	Hettinger	701.567.6198
Barnes	Valley City	701.845.8520
Bottineau	Bottineau	701.228.3489
Burke	Kenmare	701.385.4328
Burleigh and Kidder	Bismarck	701.255.3397
Cass	Fargo	701.277.1455
Dickey	Ellendale	701.883.5179
Emmons	Linton	701.254.4030
Grand Forks	Grand Forks	701.775.3667
Grand Forks	Grand Forks AFB	701.775.3667
Griggs	Cooperstown	701.797.2221
LaMoure	LaMoure	701.883.5179
McHenry	Velva	701.338.2784
McIntosh	Ashley	701.288.3433
McLean	Washburn	701.462.3330
Morton, Grant, Mercer, Oliver, Sioux	Mandan	701.667.3364
Nelson	Lakota	701.247.2263
Pembina	Cavalier	701.265.4764
Ramsey, Benson, Cavalier, Eddy, Foster, Pierce, Towner, Wells	Devils Lake	701.662.7043
Ransom	Lisbon	701.683.6140
Renville	Mohall	701.385.4328
Richland	Wahpeton	701.642.7735
Rolette	Dunseith Rolla	701.244.5187 701.477.5646
Sargent	Forman	701.683.6140
Sheridan	McClusky	701.363.2506
Spirit Lake Nation	Fort Totten	701.766.4242
Stark, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope	Dickinson	701.483.1942
Stutsman and Logan	Jamestown	701.252.8130
Traill and Steele	Mayville	701.788.4437
Turtle Mountain	Belcourt	701.477.6436
Walsh	Grafton	701.352.5139
Ward	Kenmare	701.385.4328
Ward	Minot	701.852.1376
Ward	Minot AFB	701.723.2118
Williams, Divide, McKenzie, Mountrail	Williston	701.774.6401



North Dakota WIC Program

WIC Because You Care



2016-2017



Nutrition Information

We'll give you nutrition tips and recipes to help you create healthy, affordable meals for your family.



Breastfeeding

Breastfeeding is the best way to feed your baby. We offer breastfeeding education, support and counseling.



Prenatal Nutrition

We help give your baby a healthy start with prenatal nutrition information and good food.



Community Referrals

We want you to have the help you need. Get referrals for immunizations, health care and other programs like medical assistance and SNAP (food stamps).



Counseling

Parents often have questions about their child's eating habits. Our nutritionists can give you advice for your nutritional concerns.



Health Screening

Tracking your child's growth will help you understand his or her health and development.

CURRENT INCOME GUIDELINES (before taxes)

SIZE OF HOUSEHOLD	WEEKLY INCOME	MONTHLY INCOME	YEARLY INCOME
1	\$423	\$1,832	\$21,978
2	\$570	\$2,470	\$29,637
3	\$718	\$3,108	\$37,296
4	\$865	\$3,747	\$44,955
FOR EACH ADDITIONAL FAMILY MEMBER ADD:			
	\$148	\$642	\$7,696

If you receive medical assistance, TANF, SNAP (food stamps), or Healthy Steps, you are income eligible for WIC even if your income is above these guidelines. (Note: If you are pregnant, add one person to the size of your household.)

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form. (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

(1) Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) Fax: (202) 690-7442; or (3) Email: program.intake@usda.gov.

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