WIC provides good food so you can give your child the best possible start 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 available to a variety 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 5, you can apply for WIC.

### COUNTIES (ES) | 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 | 701-252-8130
Emmons | Linton | 701-254-4030
Grand Forks | Grand Forks | 701-775-3667
Grand Forks | Grand Forks AFB | 701-775-3667
Griggs | Cooperstown | 701-247-2263
LaMoure | LaMoure | 701-252-8130
McHenry | Drake, Velva, Towner | 701-723-2118
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 and Cavalier | Cavalier | 701-265-4764
Ramsey, Benson, 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 | 701-483-0171
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

For more information, contact your local WIC office listed below or visit www.ndhealth.gov/wic.
### CURRENT INCOME GUIDELINES
(before taxes)

<table>
<thead>
<tr>
<th>SIZE OF HOUSEHOLD</th>
<th>WEEKLY INCOME</th>
<th>MONTHLY INCOME</th>
<th>YEARLY INCOME</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>$602</td>
<td>$2,607</td>
<td>$31,284</td>
</tr>
<tr>
<td>3</td>
<td>$759</td>
<td>$3,289</td>
<td>$39,461</td>
</tr>
<tr>
<td>4</td>
<td>$917</td>
<td>$3,970</td>
<td>$47,638</td>
</tr>
<tr>
<td>5</td>
<td>$1,074</td>
<td>$4,652</td>
<td>$55,815</td>
</tr>
</tbody>
</table>

FOR EACH ADDITIONAL FAMILY MEMBER ADD:

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>$158</td>
<td>$682</td>
<td>$8,177</td>
<td></td>
</tr>
</tbody>
</table>

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

This institution is an equal opportunity provider.