

Go Get WIC ...

The Nutrition Program for Women, Infants and Children



As soon
as you know
you are pregnant ...

OR

If you have
a baby or child
younger than 5.



It's easy to apply.
It takes just a phone call.

With WIC, you can get checks to pay for about \$45
of healthy foods each month, plus information about
other community services.

WIC Income Guidelines – per month:

(Add one for each unborn child)

- Family of 2 earning up to \$2,268
- Family of 4 earning up to \$3,446
- Family of 6 earning up to \$4,624

(Valid until March 31, 2012)

On medical assistance, SNAP or Healthy Steps?
You are income eligible for WIC.

Contact your local WIC program for more information.



WIC is an equal opportunity provider.



WIC Because You Care



North Dakota
Department of Health
WIC Program
800.472.2286

