

# WE'RE HERE FOR YOU



Did you know that WIC offers the following?



## HEALTHY FOOD & NUTRITION TIPS

We help you and your kids eat nutritious meals. We provide:

- Monthly benefits to buy healthy foods.
- Tips on how to shop for and cook healthy foods.
- Tips for picky eating.
- More food if you breastfeed exclusively to help you stay healthy.
- Nutrition/breastfeeding education and food tailored to pregnant women.



## A COMMUNITY OF SUPPORT

We offer a network of experts and peers for education and guidance:

- Nutritionists to help you and your kids eat well.
- Breastfeeding specialists to help you breastfeed successfully.
- Other moms for sharing experiences and moral support.



## REFERRALS

We introduce you to care beyond WIC including:

- Healthcare professionals such as pediatricians, OB/GYNs, and dentists.
- Immunization services.
- Other social services such as SNAP, food pantries, behavioral health services, and more!

## FOOD. EDUCATION. SUPPORT. YOU GOT THIS.

WIC gives a variety of foods each month.

To learn more about WIC approved foods, download the free WICShopper App.



Some examples of what you could receive are:



# 7 MILLION WOMEN, INFANTS & CHILDREN GET WIC BENEFITS. ARE YOU ELIGIBLE?



WIC is the nation's most successful public health nutrition program. We provide healthy food, nutrition education, and community support to income-eligible pregnant women, mothers of infants, and children up to 5 years old.

## WHO IS ELIGIBLE?

- Kids up to 5 years old
- Pregnant women
- Moms breastfeeding a baby under 1 year of age
- New moms who had a baby or were pregnant in the past 6 months

## ALL CAREGIVERS ARE WELCOME

We offer support to anyone who cares for a child under 5: moms, dads, grandparents, foster parents, and guardians. You've got this and we are here to help.

*This institution is an equal opportunity provider.*

## INCOME GUIDELINES

Effective July 2020

Family Size	Annual	Monthly	Twice Monthly	Bi-Weekly	Weekly
1	\$23,606	\$1,968	\$ 984	\$ 908	\$ 454
2	\$31,894	\$2,658	\$1,329	\$1,227	\$ 614
3	\$40,182	\$3,349	\$1,675	\$1,546	\$ 773
4	\$48,470	\$4,040	\$2,020	\$1,865	\$ 933
5	\$56,758	\$4,730	\$2,365	\$2,183	\$1,092
6	\$65,046	\$5,421	\$2,711	\$2,502	\$1,251
7	\$73,334	\$6,112	\$3,056	\$2,821	\$1,411

- If you participate in Medicaid, SNAP, or ADC, you are income-eligible for WIC. If not, you may still qualify.
- All foster children under 5 and pregnant teen moms in foster care are income-eligible for WIC.

## FIND WIC NEAR YOU

FIND CONTACT INFORMATION FOR YOUR LOCAL OFFICE:

**SIGNUPWIC.COM**

LEARN MORE ABOUT NEBRASKA WIC:

[dhhs.ne.gov/WIC](https://dhhs.ne.gov/WIC)

**NEBRASKA**  
Good Life. Great Mission.  
DEPT. OF HEALTH AND HUMAN SERVICES

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HEALTHY  
FOOD  
HEALTHY  
FAMILY

