

Colorado WIC

*The Special Supplemental Nutrition Program
for Women, Infants and Children*



To find out if you are eligible:

- Call the Colorado Family Healthline: 1-800-688-7777.
- Visit the Colorado WIC website: www.coloradowic.com. Click on "WIC Families" for a list of WIC clinics by county.
- Visit the USDA Food and Nutrition Service website: <http://www.fns.usda.gov/wic>.

WHAT WIC FOODS CAN I BUY?

WIC food benefits make it easier for you to provide the healthy, delicious foods that you feel good about giving your family. WIC food benefits are also easy to use. Use them to get free healthy food, including:

- Fruits & vegetables
- Cereal & whole grain breads
- Milk & cheese
- Tofu & soy beverage
- Eggs
- 100% Fruit juice
- Peanut butter & beans
- Canned fish
- Baby foods
- Supplemental infant formula

Do you have questions? Contact WIC today to learn more.

Call:

- The WIC office closest to you
- Toll Free 1-800-688-7777 or Denver Metro (303) 692-2400

Visit:

- www.coloradowic.com
- Click on "WIC Families"
- www.fns.usda.gov/wic/

This institution is an equal opportunity provider.

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COLORADO
Department of Public
Health & Environment



OFFERING COLORADO FAMILIES
**GOOD FOOD &
A WHOLE LOT MORE**

WHAT IS WIC?

Colorado WIC is a nutrition program that provides nutrition education, breastfeeding support, healthy food and other services free of charge to Colorado families who qualify. WIC is The Special Supplemental Nutrition Program for Women, Infants and Children.



WHAT DOES WIC OFFER?

WIC's goal is to help keep pregnant and breastfeeding women and children younger than age 5 healthy. To do this, WIC provides:

- Personalized nutrition consultation
- Breastfeeding information, support and referrals
- Free, healthy food
- Referrals for medical and dental care, health insurance, child care, housing, lactation support, and other services that can benefit the whole family

And that's not all! WIC also offers nutrition and health education on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, working and breastfeeding, and shopping on a budget.



WHO IS WIC FOR?

WIC is for all kinds of families: married, single and foster parents; working or not working.

You can participate in WIC if you:

- Live in Colorado
- Are pregnant or breastfeeding, and/or have a child younger than 5 years old
- Have a family income less than WIC Income Guidelines (shown below)



WIC INCOME GUIDELINES July 1, 2016 - June 30, 2017

HOUSEHOLD SIZE*	GROSS INCOME		
	YEARLY	MONTHLY	WEEKLY
1	21,978	1,832	423
2	29,637	2,470	570
3	37,296	3,108	718
4	44,955	3,747	865
5	52,614	4,385	1,012
6	60,273	5,023	1,160
7	67,931	5,663	1,307
8	75,590	6,304	1,455
For each additional family member, add:	+\$7,696	+\$642	+\$148

If you are pregnant, you can count yourself as two. To find out if you are eligible, please contact your local WIC clinic. Contact information is located on the back of this brochure.

If you currently get Temporary Assistance for Needy Families (TANF), Health First Colorado (Colorado's Medicaid Program) or SNAP, you are automatically WIC income eligible. Foster children younger than age 5 are automatically eligible for WIC.

CAN MEN PARTICIPATE IN WIC?

WIC welcomes men! WIC recognizes the important role that fathers, grandparents, stepparents, and other guardians play in caring for children. Fathers and other caregivers of children younger than 5 are encouraged to bring their children to appointments, attend nutrition and health education, and use WIC checks or the eWIC card in grocery stores.

HOW DO I APPLY FOR WIC?

Call the WIC Program office in your community to set up an appointment or call 1-800-688-7777.

