Healthy KIDS Strong PARENTS

Let WIC work wonders for your family

WHO IS ELIGIBLE FOR WIC?

YOU ARE ELIGIBLE IF:

- You live in Nebraska
- You are pregnant, breastfeeding, or recently had a baby
- Infants and children under 5 years of age
- Have a nutritional risk
- Your gross household income is less than or equal to the income guidelines listed
- You are automatically eligible for WIC if you currently receive ADC, SNAP (food stamps), Kids Connection or Medicaid
- Fathers, guardians or foster parents may apply for WIC for their children

TOTAL INCOME GUIDELINES

(Gross Income, use Net Income for self-employed & farmers)

Persons in Family Or Household Size	Annual	Monthly	Weekly
1 person	$21,978	$1,832	$423
2	29,637	2,470	570
3	37,296	3,108	718
4	44,953	3, 747	865
5	52,614	4,385	1,012
6	60,273	5,023	1,160
7	67,951	5,663	1,307
8	75,647	6,304	1,455
Each Add'l Member Add	+ $ 7,696	+ $ 642	+ $ 148

BREASTFEEDING SUPPORT

Breastmilk is best for baby. Our helpful staff can offer support, education and answer all your questions about breastfeeding.

NUTRITION EDUCATION

The WIC foods are specifically designed to provide vitamins A & C, iron, calcium, protein, fiber and whole grains. In addition WIC provides counseling on how to shop healthy and use your WIC foods. Learn how to eat healthy during your pregnancy and how to feed your children.

HELPFUL REFERRALS TO OTHER RESOURCES AND PROGRAMS

WIC can connect you with other important programs and services commonly needed by families with young children: doctors, health centers, clinics, dentists, immunizations, SNAP, ADC or Medicaid.

Referrals

Healthy Food

Nutrition Education

Breastfeeding Support

What is WIC?

The Nebraska Women, Infants and Children Nutrition Program (WIC) provides healthy food at no cost and breastfeeding and nutrition information to help keep pregnant women, infants and children under five, healthy and strong.

If you are eligible, you will receive checks to buy foods such as:

- Fresh fruits and vegetables
- 100% whole wheat bread, brown rice or tortillas
- Dried or canned beans
- Milk
- Cereal
- 100% fruit juice
- Cheese
- Peanut butter
- Eggs
- Tuna or salmon
- Baby food fruits and vegetables
- Iron fortified baby cereal
- Infant formula

Chadron	1-800-717-1231 or	(308)432-8979
Columbus	1-800-395-7862 or	(402)564-9931
Fairbury	1-866-907-4014 or	(402)729-2278
Fremont		(402)727-0608
Gering		(308)633-2772
Grand Island		(308)385-5188
Kearney	1-877-803-1712 or	(308)865-5375
Lincoln	Family Service	(402)441-8655
	Linc/Lanc Co Health Dept	(402)441-6200
Loup City		(308)745-0780
Norfolk		(402)844-4422
North Platte	1-800-395-7336 or	(308)534-1678
Omaha		(402)444-1770
O'Neill		(402)336-4298x12
Pender	1-877-529-2207 or	(402)385-6300
South Sioux City		(402)494-1429
Tecumseh	1-877-691-8381 or	(402)335-2988

1-800-942-1171

WIC is available in over 110 clinics across Nebraska. Call to find the site nearest you.

www.dhhs.ne.gov/wic/

Department of Health & Human Services DHHS NEBRASKA

WIC is an equal opportunity provider.

This publication can be made available in other forms for persons with disabilities. To request accessible formats, call 402-471-2781, TDD 402-471-9570. ADA/EOE/AA May 2015

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NEBRASKA WIC Nutrition Program