

Colorado WIC: Growing Healthy Families



What is WIC?

WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children—a federally-funded nutrition program that provides free healthy foods, nutrition education, breastfeeding support, and referrals.

Who does WIC serve?

1. Women
 - Pregnant
 - Breastfeeding
 - Up to 6 months postpartum
2. Infants
3. Children up to 5 years of age

WIC eligibility criteria:

Income: Individuals who receive Health First Colorado (Colorado’s Medicaid Program), Food Stamps, and/or TANF are automatically income-eligible for WIC. WIC income guidelines are listed on the back of this flyer.

Residence: Participants must reside in Colorado. U.S. Citizenship is not required to participate in WIC.

What does WIC provide?

Nutrition Education: Participants receive nutrition counseling for themselves and their family.

Breastfeeding Support: Participants receive breastfeeding support, including breast pumps.

WIC Foods: a “prescription” for the nutritional needs of participants. WIC foods are rich in protein, iron, calcium, vitamins A and C which are vital for healthy development during pregnancy and early childhood. WIC foods may include fresh and frozen fruits and vegetables, milk, cheese, eggs, cereals, whole grain bread, brown rice, soft corn tortillas, peanut butter, beans, juice, tofu, soy beverages, baby food, and infant formula. Special formula is provided with a prescription.

Referrals: WIC refers participants to a variety of health, food and social service programs.

WIC INCOME GUIDELINES

July 1, 2016 - June 30, 2017

Where can I get WIC?

Colorado has WIC clinics throughout the state. To find the WIC clinic nearest to you, call toll free:

1-800-688-7777

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	67,951	5,663	1,307
8	75,647	6,304	1,455
For each additional family member, add:	+\$7,696	+\$642	+\$148

If you are pregnant, count yourself as two. To find out if you are eligible, please contact your local WIC clinic.

For more information contact:

Colorado Department of Public Health and Environment
WIC Program, 4300 Cherry Creek Drive South
Denver, Colorado 80246-1530
www.ColoradoWIC.com

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

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