



WHAT CAN I BUY WITH WIC CHECKS?

WIC checks are easy to use. Just take them with you when you go food shopping and use them to get free healthy food, including:

MILK	INFANT FORMULA
EGGS	CARROTS
CEREAL	PEANUT BUTTER
FRUIT JUICE	DRIED BEANS/PEAS
CHEESE	TUNA

Do you have any 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.cdphe.state.co.us/ps/wic/wichom.asp
Click on "WIC Sites"
- www.fns.usda.gov/wic



For more information about WIC call:

1-800-688-7777

Denver Metro (303) 692-2400

or

Visit the Colorado WIC web page:

www.cdphe.state.co.us/ps/wic/wichom.asp

Click on "WIC Sites" for a list of WIC clinics by county

Jefferson County Public Health
<http://health.jeffco.us>

WIC Clinics

Lakewood	303 239-7143
Arvada	303 275-7510
Edgewater	303 239-9580



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WHAT IS WIC?

WIC is a nutrition program that provides nutrition and health education, healthy food and other services free of charge to Colorado families who qualify. WIC stands for Women, Infants and Children.



WHO IS WIC FOR?

WIC is for all kinds of families: married and single parents, working or not working. If you are a father, mother, grandparent, foster parent or other legal guardian of a child under 5, you can apply for WIC for your child.

WHAT DOES WIC OFFER?

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

- Personalized nutrition consultations
- Checks to buy free, healthy food
- Tips for eating well to improve health
- Referrals for medical and dental care, health insurance, child care, housing and fuel assistance, and other services that can benefit the whole family

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



You can participate in WIC if you:

- Live in Colorado
- Have a nutritional need (WIC staff can help you determine this)
- Are pregnant or breastfeeding, and have a child under 5
- Have a family income less than WIC guidelines (shown below)

WIC INCOME GUIDELINES July 1, 2009 - June 30, 2010

HOUSEHOLD SIZE	YEARLY	MONTHLY	WEEKLY
1	\$20,036	\$1,670	\$386
2	26,955	2,247	519
3	33,874	2,823	652
4	40,793	3,400	785
5	47,712	3,976	918
6	54,631	4,553	1,051
7	61,550	5,130	1,184
8	68,469	5,706	1,317

IF YOU ARE PREGNANT, YOU SHOULD
COUNT YOURSELF AS TWO.

If you currently get TANF, Food Stamps or Medicaid, you are automatically income eligible. Foster kids under 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 kids.

Fathers and other caregivers of kids under 5 are encouraged to enroll and bring kids to appointments, attend nutrition and health education and use WIC checks 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. Some WIC offices are open in the evenings so you don't have to miss work. Walk-ins are welcome to come and schedule an appointment.

