

# WE HELP MOMS BE MOMS.

WIC is the nation's most successful and cost-effective public health nutrition program. We provide food, nutrition education, and support for income-eligible women who are pregnant, breastfeeding, or postpartum, and infants or children up to five years old.

<https://health.wyo.gov/publichealth/wic/>

1-888-996-9378

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

We give moms the resources, knowledge, and tools needed to be the moms they want to be.

### HEALTHY FOOD

Through WIC, moms get monthly benefits to buy healthy foods, such as:

Foods with calcium for strong bones and teeth:

- Milk
- Cheese
- Yogurt
- Soy beverages

Grains with iron for energy, and folic acid for healthy growth:

- Cereal
- Whole grain bread
- Soft corn or whole wheat tortillas
- Brown rice
- Whole-wheat pasta

Fruits and vegetables to keep your body healthy:

- Fresh or frozen fruits and vegetables
- Fruit or vegetable juice

Foods with protein for strong muscles and healthy skin:

- Dried or canned beans, peas, lentils
- Peanut Butter
- Eggs
- Canned tuna or salmon

Iron-fortified foods for infants who need it:

- Baby foods
- Infant cereal
- Infant formula

See our list of WIC foods here:

<https://health.wyo.gov/publichealth/wic/foodlist>, or scan this QR code with your smartphone:



### NUTRITION EDUCATION

We support and educate moms to help them meet their breastfeeding goals. We offer tips on how to shop for, prepare, and use healthy foods in family meals. We provide access to information, including:

- Prenatal nutrition
- Breastfeeding tips
- Eating tips for your child
- Parenting tips
- Healthy recipes

### A COMMUNITY OF SUPPORT

We're a network built for moms. We connect them, we educate them, and we learn from them. Our community consists of:

- Nutritionists, Registered Dietitians, and Nurses
- Lactation Educators
- Breastfeeding Peer Counselors

### REFERRALS

We can introduce moms to resources outside of WIC, including:

- Healthcare professionals such as doctors, dentists, and public health nurses
- Food stamps (SNAP) and food pantries
- Immunizations and child development screenings
- Substance use and domestic abuse counseling
- Utility bill assistance
- Health insurance

This institution is an equal opportunity provider.



# ALL CAREGIVERS ARE WELCOME.

We talk a lot about moms. However, we offer support to anyone—working or not—who cares for a child, including:

- Moms
- Dads
- Grandparents
- Foster parents
- Step-parents
- Guardians

# WE'RE HERE FOR YOU.

We're here for more moms and caregivers than you might think. In fact, we serve over half of all infants born in Wyoming. To get WIC assistance, you:

- Should be pregnant or have an infant or child under 5 years old;
- May be in need of income assistance;
- Can be receiving other benefits like foster care, medical assistance, or SNAP.

# INCOME GUIDELINES.

Gross Income Effective July 1, 2018			
Household*	Yearly	Monthly	Weekly
1 person	\$22,459	\$1,872	\$432
2	\$30,451	\$2,538	\$586
3	\$38,443	\$3,204	\$740
4	\$46,435	\$3,870	\$893
5	\$54,427	\$4,536	\$1,047
6	\$62,419	\$5,202	\$1,201

\*A pregnant woman and her unborn child may be counted as a household of two.

# FIND WIC NEAR YOU.

WIC is here to serve moms across Wyoming. With 35 WIC clinics in the state, there's almost always a WIC clinic nearby. The main locations in Wyoming are listed below.

County	Location	Phone #
Albany	Laramie	(307) 721-2535
Campbell	Gillette	(307) 686-8560
Carbon	Rawlins	(307) 328-2606
Converse	Douglas	(307) 358-4003
Fremont	Lander	(307) 332-1034
Fremont	Riverton	(307) 857-3199
Goshen	Torrington	(307) 532-5881
Laramie	Cheyenne	(307) 634-6180
Natrona	Casper	(307) 265-6408
North Lincoln	Afton	(307) 885-9071
Park/Big Horn	Powell	(307) 754-8880
Platte	Wheatland	(307) 322-3732
Sheridan	Sheridan	(307) 672-5174
Sweetwater	Rock Springs	(307) 352-6783
Teton	Jackson	(307) 734-1060
Uinta	Evanston	(307) 789-8943
Washakie	Worland	(307) 347-9249
Weston	Newcastle	(307) 746-2677



Find us on Facebook at:  
"Wyoming WIC Program"  
<http://signupwic.com/>



# NUTRITION, SUPPORT, AND THE POWER OF MOMS.