

WE'RE HERE FOR YOU

Did you know WIC offers the following?



HEALTHY FOOD + NUTRITION TIPS

WIC helps you feed your family healthy meals. We provide:

- Monthly food benefits on an eWIC card to use at your local grocery store.
- Recipes and ideas on how to use the WIC foods.
- Tips for picky eating.



To learn more about WIC-approved foods, install the free WIC Shopper app from your app/play store.

If you receive Medical Assistance (Medicaid), TANF, SNAP, or Healthy Steps, you are income eligible for WIC even if your income is above these guidelines. [Note: If you are pregnant, you can add one more person to the size of your household.]



A COMMUNITY OF SUPPORT

WIC offers a network of experts for information and guidance:

- Nutritionists provide personalized nutrition counseling.
- Breastfeeding specialists to help you breastfeed successfully.
- Individual assessment of growth and health.



REFERRALS

WIC offers information about other helpful services including:

- Health care professionals such as doctors, dentists, and lactation consultants.
- Immunization services.
- Local social service programs including Medical Assistance, SNAP, and housing assistance.

CURRENT INCOME GUIDELINES (before taxes)

*** These are gross household WIC income guidelines that started May 1, 2023. ***

Size of Household	Weekly Income	Twice Monthly	Monthly Income	Yearly Income
2	\$702	\$1,521	\$3,041	\$36,482
3	\$885	\$1,917	\$3,833	\$45,991
4	\$1,068	\$2,313	\$4,625	\$55,500
5	\$1,251	\$2,709	\$5,418	\$65,009

\$168 \$178 \$8,732

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Submit your completed form or letter to USDA by:

(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.

This institution is an equal opportunity provider.

WHAT IS WIC?

WIC provides good food so you can give your child the best possible start to grow up healthy. Foods such as fruits, vegetables, milk, eggs, whole grains, peanut butter, cereal, baby food and formula are made available for your family.

But that's not all. The WIC Program also provides nutrition and health information, as well as referrals to other services for pregnant and breastfeeding women, new moms, infants, and children to age 5.

WIC is available to a variety of families: married and single parents, working or not working. If you are a mother, father, grandparent, foster parent or guardian of a child younger than 5, you can apply for WIC.

Learn more about WIC at www.health.nd.gov/wic.

For more information, contact your local WIC office listed below or visit signupwic.com.

COUNTY(IES)	LOCATION	PHONE NUMBER
Adams	Hettinger	701-567-6198
Barnes	Valley City	701-845-8520
Bottineau	Bottineau	701-228-3489
Burke	Kenmare	701-385-4328
Burleigh and Kidder	Bismarck	701-255-3397
Cass	Fargo	701-277-1455
Dickey	Ellendale	701-252-8130
Dickey	Oakes	701-683-6140
Emmons	Linton	701-254-4030
Grand Forks	Grand Forks	701-775-3667
Grand Forks	Grand Forks AFB	701-775-3667
Griggs	Cooperstown	701-797-2221
LaMoure	LaMoure	701-252-8130
McHenry	Drake, Velva, Towner	701-723-2118
McIntosh	Ashley	701-288-3433
McLean	Washburn, Garrison	701-462-3330
Morton, Grant, Mercer, Oliver, Sioux	Mandan	701-667-3364
Nelson	Lakota	701-247-2263
Pembina and Cavalier	Cavalier	701-265-4764
Ramsey, Benson, Eddy, Foster, Pierce, Towner, Wells	Devils Lake	701-662-7043
Ransom and Sargent	Lisbon, Forman	701-683-6140
Renville	Mohall	701-385-4328
Richland	Wahpeton	701-642-7735
Rolette	Dunseith Rolla	701-244-5187 701-477-5646
Sheridan	McClusky	701-363-2506
Spirit Lake Nation	Fort Totten	701-766-4242
Stark, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope	Dickinson	701-483-0171
Stutsman and Logan	Jamestown	701-252-8130
Traill and Steele	Mayville	701-788-4437
Turtle Mountain	Belcourt	701-477-6436
Walsh	Grafton	701-352-5139
Ward	Kenmare	701-385-4328
Ward	Minot	701-852-1376
Ward	Minot AFB	701-723-2118
Williams, Divide, McKenzie, Mountrail	Williston	701-774-6401



HEALTHY STARTS HERE

NORTH
Dakota | Health
Be Legendary.™

Southwestern District Health Unit
528 21st St. West
Dickinson, ND 58601-2661

2022-2023

