7 MILLION WOMEN, INFANTS & CHILDREN GET WIC BENEFITS. ARE YOU ELIGIBLE?

WHAT IS WIC WOMEN, INFANTS, & CHILDREN

WIC is the nation's most successful public health nutrition program. We provide healthy food, nutrition education, and community support to income-eligible pregnant women, mothers of infants, and children up to 5 years old.

WHO IS ELIGIBLE?

- Children, from newborns up to age 5
- All caregivers are welcome
- Pregnant women of all ages
- Women who had a baby or were pregnant in the past 6 months
- Moms breastfeeding a baby under 1 year of age

ALL CAREGIVERS ARE WELCOME

We offer support to anyone who cares for a child under 5: moms, dads, grandparents, foster parents, and guardians. You've got this and we are here to help.

This institution is an equal opportunity provider.

INCOME GUIDELINES

Valid through June 2027

Family Size	Annual	Monthly	Twice Monthly	Bi-Weekly	Weekly
1	$29,526	$2,461	$1,231	$1,136	$ 568
2	$40,034	$3,337	$1,669	$1,540	$ 770
3	$50,542	$4,212	$2,106	$1,944	$ 972
4	$61,050	$5,088	$2,544	$2,349	$1,175
5	$71,558	$5,964	$2,982	$2,753	$1,377
6	$82,066	$6,839	$3,420	$3,157	$1,579
7	$92,574	$7,715	$3,858	$3,561	$1,781

- If you currently participate in Medicaid, SNAP, or ADC, you are income-eligible for WIC. If not, you may still qualify.
- All foster children under 5 and pregnant teen moms in foster care are income-eligible for WIC.

FIND WIC NEAR YOU

FIND CONTACT INFORMATION FOR YOUR LOCAL OFFICE:

SIGNUPWIC.COM

LEARN MORE ABOUT NEBRASKA WIC:

dhhs.ne.gov/WIC

(800) 942-1171

WIC NEBRASKA

NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES

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HEALTHY STARTS WITH WIC

SIGNUPWIC.COM



WE'RE HERE FOR YOU



HOW DOES WIC HELP?

HEALTHY FOOD & NUTRITION TIPS

We help you and your kids eat nutritious meals. We provide:

- Monthly benefits to buy healthy foods
- Tips on how to shop for and cook healthy foods
- Tips for picky eating
- More food if you breastfeed exclusively to help you stay healthy
- Nutrition/breastfeeding education and food tailored to pregnant women

A COMMUNITY OF SUPPORT

We offer a network of experts and peers for education and guidance:

- Nutritionists to help you and your kids eat well
- Breastfeeding specialists to help you breastfeed successfully
- Other moms for sharing experiences and moral support

REFERRALS

We introduce you to care beyond WIC including:

- Healthcare professionals such as pediatricians, OB/GYNs, and dentists
- Immunization services
- Other social services such as SNAP, food pantries, behavioral health services, and more

HEALTHY FOOD. HEALTHY FAMILY.

WIC gives a variety of foods each month.
To learn more about WIC approved foods, download the free WICShopper App.

Some examples of what you could receive are:



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