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HEALTH & WELFARE

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NEWS RELEASE

FOR IMMEDIATE RELEASE
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Idaho Nutrition Program Adopts New Income Guidelines

More Idaho families may be eligible for a special nutrition program that can help them save money, eat well and stay healthy. Idaho's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) implements new income guidelines effective July 1 that raise the household income eligibility limits.

At no cost to qualified families, WIC provides nutritious supplemental foods like milk, eggs, cheese, cereal, juice, beans and peanut butter. WIC services also include health screenings, nutrition counseling, breastfeeding information and support, help from Registered Dietitians and referrals to other services that may aid a family in need.

To be eligible for the WIC program, an individual must be a pregnant or breastfeeding woman; a woman who has recently been pregnant; or an infant or child under five years of age. In addition, the individual must live in Idaho, have a special need that can be helped by WIC foods and nutrition counseling, and have a low-to-moderate income. To be eligible on the basis of income, an applicant's gross income (i.e. before taxes are withheld) must fall at or below 185 percent of the U.S. Poverty Income Guidelines.

WIC Income Eligibility Guidelines

Effective from July 1, 2005 through June 30, 2006

Number of Household Members	Maximum Gross Household Income	
	Per Month	Per Year
1	\$1,476	\$17,705
2	\$1,978	\$23,736
3	\$2,481	\$29,767
4	\$2,984	\$35,798
5	\$3,486	\$41,829
<u>More than 5</u>	Call the Local WIC Program	Call the Local WIC Program

***One pregnant woman counts as two household members.**

To apply for WIC or for more information about WIC in your area, call the Idaho CareLine at 211 or 1-800-926-2588. Information can also be found on the web at www.healthandwelfare.idaho.gov.

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(Editors: For more information please contact the State WIC Office at 334-5948)